



1. Run through long grass
(barefoot if you can).



2. Lie in the long grass and feel
the grass between your toes,
fingers tickling your nose.



3. Go through a walk in the
woods in all seasons and
weathers.

4. Not near any woods? Go
for a walk in your
neighbourhood find a tree and
watch it change through the
seasons.



5. Plant and care for a
beautiful smelling flower.



6. Go on a treasure hunt.



7. Have a teddy bear's
picnic.



8. Climb a tree!



9. Play 'pooch sticks'.



10. Make an insect house.

11. Learn to ride a bike and go on a
long bike ride.



12. Care for a pet no matter how
small.



13. Play hide and seek.

14. Take part in an Easter Egg Hunt

at home.



15. Visit the seaside. Explore and
find treasures at the beach.



16. Paddle in the sea.



17. Build sandcastles.

18. Investigate and discover life in
rock pools.



19. Visit a farm or zoo.

20. Paint and create as much as
you can.



21. Play make believe and be who
you want to be; a spaceman on
the moon or a princess in a castle.

22. Have a picnic indoors or outdoors
with all your favourite treats.

23. Be an explorer and
hunt for bugs.



24. Help make your own dinner.

25. Look for worms and see how the wiggle.

26. Go for a walk on a windy day.

Take a scarf or a kite and see how they fly.

27. Roll down a hill.

28. Dig for treasure.

29. Try baking a cake and lick the spoon.

30. Make perfume from flower petals.

31. Go crabbing.



32. Make a snow angel and have a snowball fight.

33. Play with water, pour, Explore and wash toy cars!

34. Use all the furniture downstairs and all of the blankets/towels from upstairs to make a huge den/fort that you can crawl around.

35. Have a sleepover in the den that you've made.

36. Show your grown up how to hit nails into wood, use real tools and be creative with bits and bobs.



37. Play in Autumn leaves and throw them over your head. Listen for the crunch under foot, then pick your favourites and make your own leaf man character.

38. Read a book under a tree.

39. Go out in the rain and jump in puddles.

40. Lie on your back and watch the clouds.

41. Go blackberry picking and eat as many as you can!





42. Make a mud pie.

43. Blow a dandelion clock.



44. Balance on a log.

45. Chase your shadow on a sunny day.



46. Catch rain or snow on your tongue.

47. Go on a torch-lit walk in the dark, look for stars and night time animals.



48. Sleep in a tent.

49. Toast marshmallows on a camp fire.



50. Join a library and borrow some books.

