

100 SUMMER ADVENTURES for KIDS

Play barefoot on grass/mud

Pick and/or smell flowers/herbs

Tactile nature collage

Climb a tree

Swing on a swingset

Go up the slides

Roll down a hill

Stomp in a puddle

Wade in a pond

Build a sandcastle

Splash in waves

Blow on a dandelion

Plant flowers or veggies

Pick veggies from the garden and taste test

Balance on a log like a balance beam

Nature sounds scavenger hunt (birds, wind, rain, dog barking)

Nature tactile scavenger hunt (find something soft, smooth, rough, etc)

Nature movement scavenger hunt (find something to jump off of, something to throw, something to crawl under)

Create a nature obstacle course

Play I spy outside

Listen for different types of birds

Catch minnows in a stream or creek

Bury yourself in sand

Carry buckets of water across the yard

Run through the sprinklers

Make crayon rubbings of tree bark and leaves and talk about the differences/similarities

Build a fort out of sticks and branches

Camp out under the stars

Sort leaves or seeds by color or size

Play in the rain

Tactile bins with pinecones or acorn or Leaves

Grab a pair of binoculars and go bird watching

Listen for different bird calls and try to imitate them

Catch lightning bugs

Dig for worms

Push a wagon uphill

Make a mud pie

Wash the car

Swing on a rope swing

Crunch dry leaves under your feet

Find shadows on the sidewalk

Spin on a merry-go-round

Skip river rocks

Jump on a trampoline

Slide down the hill on a cardboard sled

100 SUMMER ADVENTURES for KIDS

Roll down the hill

Do wheelbarrow races with a friend

Skip down the block

Play jump rope

Do a cannonball into the pool

Slither in the grass like a snake

Play tug-of-war

Sweep the sidewalk

Rake the yard

Carry a bag of mulch or dirt to the garden

Feel a fuzzy caterpillar

Play in a water table

Fill a small pool with water beads

Roll your hands over smooth pebbles

Stack rocks in towers

Create a maze in the sand

Make a moat in the sand box

Make pinwheels and blow them outside

Blow lifesize bubbles

Try a handstand in the park

Ride your bike

Balance on one foot

Have a potato sack race

Hang upside down

Let creepy crawlies crawl on your arm

Make rainbow puddles with sidewalk chalk

Float in a pool

Dive for treasures in a pool

Eat a berry salad with lots of colors

Find shapes in the clouds

Catch a butterfly on your nose

Hunt for tadpoles

Listen to a waterfall

Drink lemonade

Eat a cold popsicle

Make a salad using garden vegetables

Use the sunlight and a prism to make a rainbow

Climb a mountain with your family

Go rock climbing

Try a zipline through the forest

Make a whistle from a blade of grass

Blow feathers from your hand

Sit quietly by the campfire and listen to the crackle

Wear sunglasses

Trace your finger over the lines in bark

Search for seashells

Let your feet sink into the wet sand

Apply aloe to your skin

Walk a trail and look for animal tracks

Crunch ice

Swing in a hammock

Make a musical instrument from sticks, rocks, leaves, etc.

Play hide and go seek

Crawl through tunnels

Jump all the cracks in the sidewalk