

30

FUN & CREATIVE

WAYS
TO PLAY

outdoors



RECONNECT WITH NATURE

Play...




2 THE SENSE CIRCLE: standing in a circle, each member says one unique thing they can sense - see, hear, smell or feel.

3 in MUDDY PUDDLES.



4 THE NATURE'S PERFUME: find different, unique smells in the forest.



5 THE SLOW WALK RACE: the slowest person wins.



6 FETCH with your friend.

7 NATURE SCAVENGER HUNT and find something: fuzzy, straight, red, smooth, round, rough and something you think is beautiful.




8 TUG-OF-WAR. 

9 THE RAINBOW WALK: one person chooses a colour and others find it in the forest during the walk; the person who finds the chosen colour first, gets to pick the next colour.

10 SPY GAME: Team X hide in the woods leaving signs for Team Y to find them.

Create...




11 a PORTRAIT of someone you love using sticks, leaves, stones and twigs. 

12 a CAIRN

13 a STORY: find a special place that calls out to you; sit there for some time and create a story about that place.

14 FOREST SPIRIT using clay and organic materials.

15 FOREST RAINBOW: find leaves in three different colours and arrange them in the shape of a rainbow.



Make...



16 a BRIDGE over a stream.

17

and sail PAPER BOATS.



18 a STICK RAFT.

19

a CAMPFIRE with your family
and toast marshmallows.



20

a FLOWER CROWN.



Why not...

21 balance on a log?



22 plant a tree?

23 listen for owls?



24 roll down a hill?



25 find something in nature

that represents you and share
why you chose that object?

26

build a bug hotel ?



27

look at the stars?



28

splash in puddles?



29

go on a hunt to find some creepy-crawlies?



Think where you would hide if you were a bug. Look in the crannies of trees, under logs and in hedges. If you have a magnifying glass you can get up close.



30

hug a tree?



Playing
outdoors
contributes to
personal growth and
social awareness

≡
as well as
≡

develops skills for life and
the world of work.



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