

Summer Fun – How many can you do this summer?

Outdoor Activities

- Pick flowers
- Run through the sprinkler
- Jump rope
- Play tag
- Go bird watching
- Camp in the backyard
- Play soccer
- Roll down a hill sideways
- Fly a kite
- Visit a new park
- Watch the sunset
- Go fishing
- Dance in the rain
- Play hide-and-seek
- Walk your dog
- Have a jumping jacks competition
- Go on a nature scavenger hunt
- Jump in puddles after a rainstorm
- Cloud watch
- Go Geocaching

Water Fun

- Make a splash pad in the backyard
- Have a water balloon fight
- Go swim in a pool
- Build a sandcastle at the beach

Sports and Games

- Play a baseball game
- Have a corn hole competition
- Make a backyard obstacle course
- Play ladder ball
- Play tennis
- Play bocce ball
- Have a hula-hoop competition
- Play horseshoes
- Play "Follow the Leader"
- Play "Simon Says"
- Play putt-putt golf

Creative Activities

- Tie-dye shirts

- Make sock puppets
- Do a puppet show outside
- Build a fort
- Make paint out of sidewalk chalk and warm water
- Make leaf rubbings
- Draw with chalk outside
- Make a nature collage
- Make a fairy or butterfly garden
- Draw different types of trees
- Make friendship bracelets
- Paint with ice chalk on the driveway
- Make a sun catcher

Food and Cooking

- Make healthy popsicles
- Make homemade ice cream
- Roast s'mores on the fire
- Have a BBQ grilling out back
- Make fresh lemonade

Nature and Gardening

- Help weed the garden and flower beds
- Go to an orchard and pick fruit
- Plant a garden
- Watch insects with a magnifying glass
- Catch fireflies and ladybugs
- Plant flowers
- Plant seeds and watch them grow
- Water the plants

Relaxation and Quiet Time

- Read a book outside
- Take a nap in a hammock
- Have a picnic at a park
- Do yoga outside
- Find constellations at night

Family Fun

- Wash the car together
- Have a watermelon seed spitting contest
- Watch a baseball game on an outdoor screen
- Have dinner on the back deck
- Go on a bike ride together