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THINGS

TO GET OUTSIDE AND



BE ACTIVE

1. Take a walk or jog around your neighbourhood
2. Go for a bike ride with your family
3. Head to a beach or lake and explore
4. Take your dog for a walk
5. Throw a frisbee in the park
6. Go fishing
7. Go on a bushwalk that you haven't been on before
8. Climb a tree - you don't have to be a kid to be a kid!
9. Fly a kite - also don't have to be a kid!
10. Visit a National Park
11. Make use of your garden, backyard or balcony
12. Camp in your backyard
13. Lie on the grass and look up to the trees
14. Build a cubby under a tree
15. Look for bugs at the park
16. Climb a mountain and look out at the view
17. Go birdwatching - remember to be super quiet!
18. Create a loose parts play area in your backyard
19. Make art from things you find in nature
20. Go on a picnic at your local park

