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## OUTDOOR ACTIVITIES FOR MATCHES

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- Hike
- Walk
- Bike Ride
- Explore various neighborhoods and outdoor parks
- Have a picnic at the park
- Throw a football
- Take a pet for a walk
- Play a game: Charades, I Spy, Who Am I, checkers, board game, hopscotch, dominoes
- Create a scavenger hunt, do nature bingo, or create a challenge – find and snap photos of as many different shaped leaves as you can. Or find and snap photos of objects that show range of colors – nature’s rainbow.
- Trash pick-up (service project)
- Kayak or canoe
- Do workout together at the park or in a backyard (yoga, squats, burpees, jumps, push-ups, relays, lunges, jump rope)
- Gardening: plant flowers or trees for someone
- Outdoor art project: sidewalk chalk. Tie-dye. Paint hopeful signs to share with others, coloring.
- Read aloud.
- Creek Wading
- Hula hoop
- Fishing
- Roller blade
- Learn and practice dance moves together
- Learn and practice a new language
- Wash the car
- Build something (bookshelf, bird house, table)