

<u><i>Be Outside</i></u>	<u><i>Offer to Help</i></u>	<u><i>Read or Write</i></u>	<u><i>Exercise</i></u>	<u><i>Do Something Creative</i></u>
Have a picnic in the garden or park	Help in the garden	Listen to an audiobook / podcast	Build an obstacle course	Build a fort
Explore nearby woods or nature trail	Help a Grandparent / Aunt or Uncle	Read under a tree / outside	Practise yoga	Make a scrapbook
Build a bird feeder	Help to prepare a meal	Visit the library – You can use your SHOUT card	Play hide and seek	Follow an art tutorial on You Tube
Plant in your garden or window box	Fix something	Read a magazine / comic	Play tig	Try origami
Fly a kite	Donate old clothes or toys	Read a play aloud	Go for a walk longer than 30 minutes	Make a puppet
Watch the birds	Help a neighbour	Write a story	Play frisbee	Bake
Watch the sunset	Set the table	Create a comic	Take part in a new sport	Make a video
Gaze at the clouds	Sort your clean washing and put it away	Start a journal / diary	Use skipping ropes	Try a new hairstyle
Draw on the pavement with chalk	Tidy / organise your toys	Read to a pet	Swing on the swings at the park	Make a bracelet
Find a 4-leaf clover	Mop / sweep / Hoover the floor	Read to a younger sibling	Learn a dance	Paint a picture
Find an insect	Help with a pet	Help make a shopping list	Climb a tree (with adult supervision)	Build a fairy garden
Take photos in nature	Help with the dishes	Write a letter	Follow a You Tube video for any indoor exercise	Draw a maze
Blow bubbles	Tidy your bedroom	Read in the dark with a torch	Go for a jog	Build with Lego / KNEX
Visit the beach	Wipe the bathroom sink	Follow instructions to build something	Try hula-hooping	Design a new outfit
Be out in the rain	Put away the shopping	Read a map / Google maps	Go swimming	Learn to sew
Put the washing out	Dust	Complete a crossword / wordsearch / Wordle	Go out in your bike / scooter / skateboard	Try a digital music programme
Play on your trampoline	Take out the recycling	Follow a recipe	Take a dog for a walk	Start a collection