



**BE OUTSIDE**  
IDAHO CHILDREN IN NATURE



## 101 THINGS TO DO OUTSIDE!

Find your most favorite things to do outside!

1. Build a tree house
2. Jump rope
3. Plant a butterfly garden
4. Build a fort
5. Play "Red Rover"
6. Play "Simon Says"
7. Look at bugs
8. Make a tire swing
9. Have a picnic
10. Climb a tree
11. Go swimming
12. Run through the sprinkler
13. Make a muddy slip-n-slide
14. Paint or draw outside
15. Read a book on the lawn or under a tree
16. Draw on sidewalks with chalk
17. Play hopscotch
18. Plant a garden
19. Dig a hole to see what's below the ground
20. Make a bird feeder
21. Watch the weather
22. Look for shapes in the clouds
23. Play spray bottle water tag
24. Make a lemonade stand
25. Fly a kite
26. Roll down a hill
27. Play with your pets
28. Do a scavenger hunt
29. Jump on a trampoline
30. Collect rocks
31. Play "4-Square"
32. Play "Duck-Duck-Goose"
33. Play "I Spy"
34. Look at the moon, stars and night sky
35. Ice skate
36. Try to identify bird calls
37. Howl to coyotes at night
38. Bury a time capsule
39. Bury treasure and make a map
40. Look for animal tracks or scat
41. Learn how to tie different knots
42. Count the kinds of trees in your yard
43. Make an outdoor collage
44. Make a Naturalist Notebook
45. Listen to crickets and frogs
46. Make a mud pie
47. Close your eyes, touch things and guess what they are
48. Build a sculpture or make jewelry out of things you find in your yard
49. Make leaf prints
50. Dig in the dirt for worms
51. Touch leaves and trees
52. Play tag
53. Kick a ball
54. Feed and watch animals
55. Make a snowman
56. Smell flowers
57. Weed
58. Rake leaves
59. Visit a waterfall
60. Go skiing
61. Count acorns and pine cones
62. Chase and catch butterflies
63. Throw snowballs
64. Sled or play outside in the snow
65. Collect leaves and make things with them
66. Watch water ripples in ponds
67. Set up a bird bath
68. Run around until you get dizzy
69. Photograph outdoor scenes and animals
70. Take a walk under the full moon
71. Make peanut butter suet pinecones
72. Walk your dog
73. Watch ants
74. Go camping
75. Look at spider webs
76. Lie in the grass and look up through the leaves of a tree
77. Learn to pan for gold
78. Build a sand castle
79. Explore a park
80. Stand in the rain with your face up to the sky
81. Play catch
82. Hike a trail
83. Make Snow Angels
84. Plant a tree and measure its growth
85. Blow bubbles
86. Catch snowflakes on your mittens and look at all the shapes
87. Ride a bike
88. Go Horseback riding
89. Roller-skate
90. Play "Hide-and-Seek"
91. Look at tree bark with a magnifying glass
92. Volunteer to pick-up litter in your community
93. See how many kinds of plants you can find
94. Look at tree buds or bird nests
95. Play in a sandbox
96. Make s'mores camping
97. Walk barefoot in the grass
98. Listen to sounds and look for what makes them (crickets, birds, squirrels, frogs)
99. Look under rocks
100. Watch the sunrise
101. Write in a journal outside

[www.beoutsideidaho.org](http://www.beoutsideidaho.org)





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Color this page with the colors of outside!  
Being outside is fun, easy and healthy!



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