

25 Things to do Outdoors

Activity	What to do	Curriculum links
Build a den	Can you find sticks to build a large den against a tree? Can you find items indoors to create a den e.g. chairs, pegs sheets?	Personal, Social and Emotional Development Communication and Language Physical Development Understanding the World
Climb a tree	Is there a sturdy tree outdoors to climb? What will you need to do to keep safe?	Personal, Social and Emotional Development Physical Development Understanding the World
Make a mud creation	Can you use mud to make a creation? It could be handprints in mud or a mud face. If you add water to the mud how will this change?	Physical Development Understanding the World Expressive Arts and Design
Make a leaf crown	Collect a variety of leaves and attach them to a strip of card to make a leaf crown.	Physical Development Mathematics Understanding the World Expressive Arts and Design
Go on a mini beast hunt	Look under stones and logs in search for mini beasts. How many can you find? What are they called?	Communication and Language Mathematics Understanding the World
Build a house for a bug	Can you find natural items to build a mini house for a bug e.g. sticks, leaves, pine cones? Collect the different items and arrange them so that there are plenty of gaps and hidey holes for the bugs to explore and settle into.	Communication and Language Physical Development Understanding the World Expressive Arts and Design
Camp outdoors	Could you camp outdoors in a tent with a family member? Maybe in your back garden.	Understanding the World
Go star gazing	Could you look at the stars at night with an adult? How many can you see? Are they different in size? What can you tell an adult about stars?	Communication and Language Mathematics Understanding the World
Fly a kite	Can you fly a kite? How windy does it need to be to fly a kite? You could make your own kite using a plastic carrier bag and string or card and dowling rods.	Communication and Language Physical Development Understanding the World
Make a face using natural found objects	Look for natural objects and use them to create a face picture? E.g. 2 conkers for eyes, a pine cone for a nose, leaves for eyebrows. How many different faces can you make?	Physical Development Mathematics Understanding the World Expressive Arts and Design
Go on a picnic	Can you prepare a picnic with an adult and eat outdoors? What foods will you help prepare? What healthy foods will you take? What shape will you cut your sandwiches?	Communication and Language Physical Development Mathematics Understanding the World

Play hide and seek	Play hide and seek with a friend or adult? What will you count up to before you search for your friend, adult?	Personal, Social and Emotional Development Communication and Language Physical Development Mathematics
Go on a scavenger hunt	Can you go in search and hunt for different objects? How many different types did you find? What will you do with them after you have collected them?	Communication and Language Physical Development Understanding the World
Have a water fight	Use a variety of objects from indoors for a water fight! You could use a washing up bottle to squirt or an empty bottle to spray a sibling, friend or adult!	Physical Development Understanding the World
Make an obstacle course	Can you use objects to make your own assault course? E.g. stand 3 bottles up, you have to jump over them then hop 6 times and repeat back again.	Communication and Language Personal, Social and Emotional Development Physical Development
Set up a teddy bears picnic	Can you select your favourite teddies and arrange a picnic for them? How many plates will you need? Cups? Maybe use a sibling's teddy to and wrote them an invitation to join you.	Communication and Language Literacy Mathematics Expressive Arts and Design
Watch the sun set	Watch the sun set. What happens to the sun? Does the sky change colour? Maybe you could paint the sky another day?	Communication and Language Understanding the World Expressive Arts and Design
Make a bird feeder	You can make a bird feeder in lots of different ways. See this link for some ideas: https://www.bbc.co.uk/cbeebies/makes/bird-feeder	Physical Development Personal, Social and Emotional Development Understanding the World
Plant some sunflower seeds	Can you plant sunflower seeds and watch them grow? Can you measure them weekly to see how much they've grown? What changes can you see?	Communication and Language Physical Development Mathematics Understanding the World
Press some flower leaves	Can you select some natural flowers e.g. daisies and use a hard object (maybe a book) to press their leaves onto paper? What do you notice?	Communication and Language Physical Development Understanding the World
Make a mud pie	Can you make a pie out of mud? Do you have old pans or plates in your home to make your pie in? Maybe you could add decoration to your pie once finished E.g. leaves and flowers.	Communication and Language Physical Development Understanding the World Expressive Arts and Design
Collect some rocks to paint	Can you collect different sized rocks to paint? What will you paint? What colours will you use? Will you mix any colours?	Physical Development Expressive Arts and Design
Paint with nature	Collect a variety of sticks and leaves and use these to paint with? What will you paint?	Communication and Language Physical Development Expressive Arts and Design

Make potions with flower petals and water	Collect flower petals to create your own potion. Maybe you could add food colouring to water to change the colours of the potions? What flowers can you find to make a potion outdoors?	Communication and Language Physical Development Understanding the World Expressive Arts and Design
Play with water	Fill up a wash bowl, add a drop of soap or washing up liquid and have fun with water play! Can you use different sized cups, funnels in your play?	Communication and Language Physical Development Mathematics Understanding the World

Additional resources:

<https://www.nationaltrust.org.uk/lists/best-50-things-activities-for-adventurers>

<https://www.bhf.org.uk/informationsupport/support/healthy-living/staying-active/staying-active-as-a-family>

<https://www.woodlandtrust.org.uk/support-us/join/about-family-membership/>