



girl scouts

heart of the south

GET OUTSIDE CHALLENGE

The benefits of being outside are many! Here is a list to inspire your outdoor play with this list full of fun and easy activities to get you exploring, learning and creating. Most require nothing more than your imagination! How many can you do?

- Take a dog for a walk
- Take a blanket and make a picnic
- Feed birds and go bird watching
- Make your own bird feeder out of pine cones
- Plant a tree or other plants
- Play tag or hide and seek
- Lie in the grass and look at the clouds
- Take a walk outside and look for animal tracks
- Read under a tree
- Camp out in your backyard
- Look around for four leaf clovers
- Use twigs to make a “maze” in your backyard
- Collect rocks and make statues
- Go on a spider hunt at night, use a flashlight to find their beautiful webs, and crystal green eyes
- Toss a frisbee
- Build a campfire
- Use the Sky Finder app and stargaze
- Learn about the life cycle of a butterfly
- Do outdoor yoga
- Watch the sunset
- Make a bird feeder
- Learn to play outdoor games for hot weather and cold weather
- Get some chalk and create chalk creations
- Make a s’more over a campfire
- Play flashlight tag
- Fly a kite
- Keep a weather chart for a week
- Pick up trash in your area
- Make trail mix as a snack
- Make a rainbow with a garden hose
- Play outside with bubbles
- Make a pet rock
- Watch the sunrise
- Build a fort
- Pull something in a wagon or sled
- Tie up a hammock and take a nap
- Plant a tree, or other plant
- Sit outside and listen to the birds
- Investigate your yard with a magnifying glass
- Play with a water table or make your own
- Have a backyard toy car wash
- Jump in rain puddles
- Paint a sidewalk with a fly swatter
- Catch and release some frogs
- Find, sort and make a leaf scrapbook
- Make a treasure map and find treasure
- Make a wish on a dandelion
- Pick Flowers and paint with them
- Create a hopscotch court with sidewalk chalk
- Jump rope
- Design your own city with sticks and twigs, or sidewalk chalk
- Take a listening walk and name all the sounds that you hear
- Act like a wild animal and howl like your favorite animal
- Make your own bubble solution and blow bubbles using string and sticks
- Keep a journal of the phases of the moon
- Set up an obstacle course
- Use a hula hoop
- Play marbles or jacks on your front porch
- Paint rocks to hide at your local park
- Make your own art using flowers, leaves, twigs, pebbles and other things found in nature
- Make a fairy garden in a flower pot
- Create shadow puppets from the sunlight
- Craft a sun dial and learn to tell time using it
- Create a necklace or headband using clover flowers
- Make your own solar oven with tinfoil
- Design mandala art circles with things you found in nature
- Make garden art out of salt dough and rocks