

Outdoor Screen Free Activities

PARENTING IN REAL LIFE PODCAST

- Paint rocks and hide them around your neighborhood
- Do a secret act of service
- Draw with chalk
- Play hopscotch
- Make oobleck
- Make a bird feeder
- Paint a picture with things you found in nature
- Paint the sidewalk with water
- Make a solar oven and test it
- Read outside
- Blow bubbles
- Grow a plant from a seed
- Make a nature notebook
- Go bird watching
- Make a fairy garden
- Fly a kite
- Make a wind sock
- Nature scavenger hunt
- Jump rope or hula hoop
- Play tag
- Go on a nature walk
- Go on a bike ride
- Play 4 square
- Play basketball or soccer
- Play catch
- Go to a park
- Dig for worms (Make sure to put them back! Worms are good for the ground!)
- Make a vinegar/baking soda volcano
- Ride your bike
- Trace your shadow with chalk
- Heart attack someone's door
- Make cookies and deliver them to a neighbor
- Take pictures of nature
- Look for images in the clouds
- Build an obstacle course
- Make leaf rubbings
- Make a chalk track for toy cars
- Shaving cream art