

SUMMER OUTDOOR ACTIVITY IDEAS

- **Obstacle Course:** Use sticks, cones, or sidewalk chalk to create one. Time and try again and again to see how fast you can do it!
- **Backyard Spy Mission:** Set up a “secret mission” using clues and hiding spots.
- **Nerf Target Practice:** Tape paper targets to trees, fences, or cardboard boxes.
- **Sock Ball Dodge:** Ball up socks or paper and use a bucket or laundry basket as the goal.
- **Backyard Scavenger Hunt:** Have a parent create a scavenger hunt and include items like bugs, leaves, rocks, or things that are red/round/tall/etc.
- **Build a Fort:** Use a sheet, sticks, and outdoor chairs.
- **Nature Art:** Use leaves, twigs, and grass to make a picture or pattern on the ground.
- **Water Balloon Toss**
- **Jump Rope or Hula Hoop Challenge**
- **Solo Soccer Practice** (dribbling, toe taps, shooting into a goal or box)
- **Frisbee or Boomerang Toss** (solo!)
- **Sidewalk Chalk:** Hopscotch, chalk maze with cars, endless art ideas!
- **Scavenger Hunt App** (like GooseChase)
- **Pedometer or step challenge:** Can you hit 2,000 steps before lunch?
- **Stopwatch Challenge:** How fast can you do 10 jumping jacks, gallops to the neighbor’s house and back, 2 somersaults in the front yard, and 10 jumps on one foot? Do this daily for one week and report back to a parent!
- **Balloon Keep-Up** – How long can he keep a balloon in the air? Add a paddle for more fun.
- **Paint with Water** – Big paintbrushes + bucket of water on the driveway = magic.
- **Outdoor Journal** – Draw or write about what he sees, hears, and smells.
- **Reading Picnic** – Blanket, snacks, and a book outside.

