

June 2, 2020

Outdoor Activity Ideas (Low to Moderate Risk)

- Hike
- Walk
- Bike Ride
- Explore various neighborhoods and outdoor landmarks (Tablerock, Greenbelt, Boise River)
- Walk to get an ice cream or other treat
- Have a picnic at the park
- Throw a football, kick a soccer ball, frisbee golf
- Take a pet for a walk
- Play a game: Charades, I Spy, Who Am I, checkers, board game, hopscotch, dominoes,
- Create a scavenger hunt, do nature bingo, or create a challenge – find and snap photos of as many different shaped leaves as you can. Or find and snap photos of objects that show range of colors – nature’s rainbow.
- Trash pick-up (service project)
- Do workouts together at the park or in a backyard (yoga, relays, jump rope)
- Gardening: plant flowers or trees for someone. Weeding. (service project)
- Outdoor art project: sidewalk chalk, tie-dye, paint hopeful signs to share with others, coloring, knitting.
- Read aloud
- Backyard jigsaw puzzle (a puzzle mat allows you to roll up and travel with puzzle in progress)
- Make cloth masks for self or others (service project)
- Creek Wading
- Hula hoop
- Fishing
- Roller blade
- Fence art: Use ribbon to weave into chain link fence – various designs and patterns
- Outdoor Lego build competition – sit apart from each other with a timer to build a certain object, theme. When timer is up, compare or swap projects--or find way to unite them together.
- Learn and practice dance moves together
- Learn and practice a new language
- Wash the car
- Build something (bookshelf. Bird house. Bench. Table)