50 Things to Do Outside This Spring

1. Jump rope
2. Take a walk in the rain
3. Plant a herb garden
4. Make a tire swing
5. Play catch with your dog in the backyard
6. Observe the leaves budding on the trees
7. Play tag
8. Make a journal and write about all the things you see that have to do with Spring
9. Look for animal tracks in the mud
10. Splash in rain puddles
11. Make mud pies
12. Look at tree bark and leaves with a magnifying glass
13. Take photos of your neighbourhood or local park, even your backyard
14. Volunteer to pick up litter in your community: April 27th is Community Clean Up Day
15. Watch a sunrise
16. Watch a sunset
17. Ride your bike
18. Rollerskate, Rollerblade, Skateboard
19. Explore a new playground every week
20. Play a round of Disc Golf at Rainbow Park
21. Plant a vegetable garden
22. Bird watch at L.C. Gunn Park
23. Learn some common bird calls (use audio books or videos). Amaze your friends when you name a bird by its sound.
24. Rake the yard
25. Play kick ball
26. Play catch
27. Picnic in the park
28. Invite friends over for a backyard play-day
29. Play ‘I Spy’ as you walk through Cottonwood Island Park
30. Dance in your backyard
31. Look under rocks...what can you find?
32. Plant a flower garden
33. Watch the river from Fort George Park
34. Have a neighbourhood Garage Sale
35. See how many chin ups you can do on the monkey bars at a local play ground
36. Go camping
37. Plant a tree
38. Do a scavenger hunt
39. Explore a new park every week
40. Help with outdoor spring cleaning: yards, sheds and greenhouses
41. Sit on your front step while you have a healthy snack
42. Fly a Kite
43. Participate in a 5km or 10km run
44. Watch for rainbows after a rain shower
45. Look for soils of different colours and textures
46. Look in bushes and flower gardens: what kind of insects do you see lurking about?
47. Start a composting bin
48. Have races with your friends in the park
49. Organize a clean-up of your local community park
50. Clip on the leash and take your dog for a walk