

***"I'm Bored" – Fun Outdoor Activities***

A trip to your local dollar store and an outdoor area that allows social distancing can add up to hours of family fun.

**Decorate a shoebox** and go on an adventure collecting favorite rocks, acorns, twigs, pinecones. You can even make animals from the treasured pinecones and acorns with pompoms, googly eyes, construction paper, feathers, pipe cleaners and more.

Go on a botany adventure! With a notebook and crayons/pencils in hand, try to draw local plants and observe what's already budding.

Collect rocks and categorize or paint them.

**Obstacle courses** are a favorite! Use hula hoops, sidewalk chalk, laundry baskets (see below).

Start a weeklong **fitness challenge** with jump rope, sit-ups, pushups, etc. **Team up-kids versus adults.**

Potato sack races: an old game with a few old pillowcases equals endless fun.

Three-legged races: team up adult and child and see who wins.

**Treasure Hunt:** Hide "treasure" and devise clever clues for your treasure hunters



Tips from The Center for Discovery <https://thecenterfordiscovery.org/>



Health. Wellness. And Wonders.