



1. **Build a Den**

2. **Play in the rain (jumping in puddles is great fun!) or, if sunny have a water fight**

3. **Make a mudpie or if near a beach build sandcastles**

4. **Climb a tree**



5. **Make a daisy chain or make a grass trumpet** (find a wide, strong piece of grass; this should be about the length of your finger. Hold the grass between your thumbs and blow through the grass like you are blowing out a candle)



6. **Roll down a grassy hill**

7. **Skim a stone**



8. **Explore - hunt for bugs or if you are near to a beach hunt for crabs**

9. **Swing on a rope or tyre swing**



10. **Make and fly a kite**



11. **Play hide 'n' seek**

12. **Make a fire without using matches (make sure an adult is present) then roast marshmallows on a stick**

13. **Learn how to do a handstand and a cartwheel**



14. **Have a wheelbarrow or 3-legged race with your friends**

15. **Make a walkie talkie** (use two large paper cups, pierce a small hole in each base and thread string through each end. To use take one cup each, ensure string is pulled tight and in a straight line ... talk into you cup and the other person can place theirs to their ear and hear you 😊)



We would love to hear of your ideas, email us at Email: info@playscotland.org

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