





30 play ideas

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| <p>1 Scavenger hunt</p> <p>Find daisies, berries, dandelion clock, buttercup, a leaf in red, green and yellow, a flower, a stick - can you find a worm?</p> | <p>2 Wheelbarrow race</p> <p>Have a wheelbarrow race with family and friends.</p> | <p>3 Climb a tree</p> <p>How far did you reach?</p>  | <p>4 Paint bingo</p> <p>Using a paint chart from your local DIY go for a walk and try match the colours to the paint chart?</p> | <p>5 Obstacle Course</p> <p>Make an obstacle course and have races with your friends. (use a hula hoop, boxes to run round, skipping...)</p> |
| <p>6 Make a huge painting</p> <p>You can use the back of unwanted wallpaper rolls or large sheets for this.</p> | <p>7 Bird watching!</p> <p>How many different birds can you spot in one day?</p>  | <p>8 Beach scavenger hunt</p> <p>Can you find: 5 types of shells; driftwood; 6 shiny pebbles; seaweed; and can you see a crab? Seagull?</p> | <p>9 Go for a walk and collect small rocks / pebbles / shells and paint them</p> <p>You could make these into dominos!</p> | <p>10 Play hide and seek</p> <p>Why not try when dark with torches. Each person caught in a torch beam takes over the role of the seeker.</p> |
| <p>11 Roll down a grassy hill</p> <p>You could race your friends.</p>  <p>Watch out for dog poo!</p> | <p>12 Ball fun</p> <p>Get a bucket and see if you can throw a ball into it. Keep moving the bucket further away... can you still get ball in?</p> | <p>13 Make paper planes</p> <p>See which flies the farthest!</p> | <p>14 Build a den</p> <p>You can do this indoors or outdoors.</p> | <p>15 Go camping</p> <p>This can be done indoors or in your garden.</p> |
| <p>16 Excavation time</p> <p>Freeze small toys in bowl of water. Once frozen excavate these out! Great for sensory play.</p> | <p>17 Make invisible ink</p> <p>Mix lemon juice and water. Use a cotton bud to write on white paper. Leave to dry. To read place near light bulb.</p> | <p>18 Be an Inventor</p> <p>What can you make out of boxes, sticks and scraps of materials?</p> | <p>19 Draw and play and a game of hop scotch</p> <p>Use a stone or empty shoe polish tin as the thrower.</p> | <p>20 Night bowling</p> <p>10 plastic bottles same size, fill water and pop in glow stick.</p>  <p>Great family fun!</p> |
| <p>21 Chalk fun</p> <p>Get your friend to lie on the ground and draw round them – you can then add a smiley face!</p> | <p>22 Frisbee Fun</p> <p>How far you throw it?</p> <p>How many times can you and friends pass it before it drops!</p> | <p>23 Skipping fun</p> <p>How many skips can you do without stopping?</p>  | <p>24 Squirt gun painting</p> <p>Pin white paper on a wall, tree on place on ground... now paint!</p> | <p>25 Make a mud pie</p> <p>You can use empty cartons to make different shapes and sizes.</p> |
| <p>26 Go star gazing</p> <p>Make a telescope with empty cardboard tube and decorate this. Wait for the stars to come out – how many can you count?</p> | <p>27 Ice cube race</p> <p>Make and freeze ice cubes – add food colouring and have 4 of each colour. Then see who can melt their ice cubes the fastest.</p> | <p>28 Have a really loud music festival</p> <p>Use pots and pans and wooden spoons for drums!</p> | <p>29 Catch</p> <p>Place a shower cap on your head and cover this with shaving foam. See how many wotsits you can throw on your friends head.</p>  | <p>30 Water balloon fun</p> <p>Have a water balloon fight with your friends and family.</p> |