

28 Days of Activities

DAY 1 Create a journal with your child or use the last one to record each days activity. They can decorate the front page.	DAY 2 Try to build an object that moves if you push it and then test it outside. Ex. A car made of tissue box or a rolling toilet paper roll.	DAY 3 Bring paints outside and search for a beautiful flower or scene. Paint the flower or scene.	DAY 4 Go outside and find a tree, bush, or flower. Then, make up a story or words or pictures about something that lives there.	DAY 5 Make popsicles or your own DIY freezies. Freeze toys or object that won't be damaged in ice for Day 7.	DAY 6 Build a fort outdoors or indoors. Then, read or look at books with a flashlight in the fort.	DAY 7 Dig out the toys or items that you stuck in the ice from Day 5.
DAY 8 Have a picnic in your backyard, park, or on your living room floor.	DAY 9 Beach Day! Drive to the beach OR play with the sprinkler or paddling pool in the backyard.	DAY 10 Pretent to go camping and set up a tent in the backyard or in your house. Plan a fun camping snack.	DAY 11 Collect leaves. Then, go online and identify them at home in your journal. Little kids can just glue them in the journal.	DAY 12 Make a treasure chest out of recycling.	DAY 13 Make Animal Rocks. Paint rocks to look like animals or glue on small rock ears, stick tails and paint eyes and a nose!	DAY 14 Make a summer salad to eat. Kids cut the veggies themselves (w/ supervision). Butterknife for younger kids
DAY 15 Sidewalk Chalk Fun! Older kids can create a cartoon with the chalk outside.	DAY 16 Make a flower or a leaf crown.	DAY 17 Go for a bike ride! Make sure you have materials for a bird feeder on Day 24.	DAY 18 Collect leaves. Then, put a paper on top of one. Then, use a crayon to brush over the leaf making a leaf design on the paper.	DAY 19 Make wands our of sticks. Decorate them with strings wrapped around them	DAY 20 Play with waterballoons. Create a waterballoon toss, have a waterfight, see how high you can throw it before it pops.	DAY 21 Paint inspirational messages and pictures on rocks. Then go on a walk and put them somewhere in the neighbourhood.
DAY 22 Make a boardgame like tic tac toe out of natural materials.	DAY 23 Body Painting. In a swimsuit, paint fun pictures on your legs with washable paint. Then wash off outside!	DAY 24 Make a Bird Feeder.	DAY 25 Wash the car!	DAY 26 Make nature designs and pictures with leaves, rocks, flowers, and sticks.	DAY 27 Send 5 letters to friends and family to tell them your thinking of them.	DAY 28 Make a Bug Hotel using natural materials.

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