

Outdoor Activities and Games

Balloon Volleyball - Set up your court by using a skipping rope to divide your yard in two. Use a balloon for the ball. The first to 10 is the winner.

Glow in the Dark Bowling - Pop glow sticks into 10 bottles of water to make bowling pins you can use at night.

Paper Boat Race - Make paper boats and race them in your paddling pool by blowing through a straw to propel them.

Obstacle Course - Use objects you already own like skipping ropes, boxes and hula-hoops to create a course.

Sun Melted Crayons - Gather up all your broken crayons along with tin foil, cookie cutters and a paper plate. Place the foil on a paper plate then top with the cookie cutters. Add the broken crayons and place in a sunny spot. Once melted, pop the newly formed crayons out of the cookie cutters. Then put your new crayons to use.

ASK A GROWN-UP TO HELP WITH THIS.

Mud Pies - Add water and mud into buckets then flip over to create mud pies. Decorate with twigs, leaves and flowers.

Balloon Babies - Fill up a water balloon and draw a face on it. Wrap up in a towel. See how long you can take care of your balloon baby before it bursts!

Ice Block Building - Fill up various containers with a mixture of water and food colouring. Once frozen, take them outside. Pop out the moulds and build towers, trains and buildings before they all melt.

Ice Painting - Paint with colourful ice. Freeze ice cube trays with washable paint or water with a drop of food colouring. Once they are frozen you can begin painting.

Water Balloon Dodge Ball - Use balloons filled with water as a dodge ball. Play as usual, just remember don't aim at people's faces.

Remember to drink lots of water and put a hat on, especially in the sunshine!