

Why not take these activity ideas with you next time you go outside with your little one?

Simply print double sided, then cut following the dotted lines. (Remember to keep scissors out of reach of small hands.)

Easy as that – have fun out there!

01 - FRONT



01 - BACK

Whether it's a walk along the street or a visit to your local park, there's nowhere like out there! That's why we've created this handy pack of outdoor tips. Why not carry them to help you think of things to do out and about?

It's great fun playing outside, it keeps little ones entertained and can give you some breathing space so you both feel less stressed.

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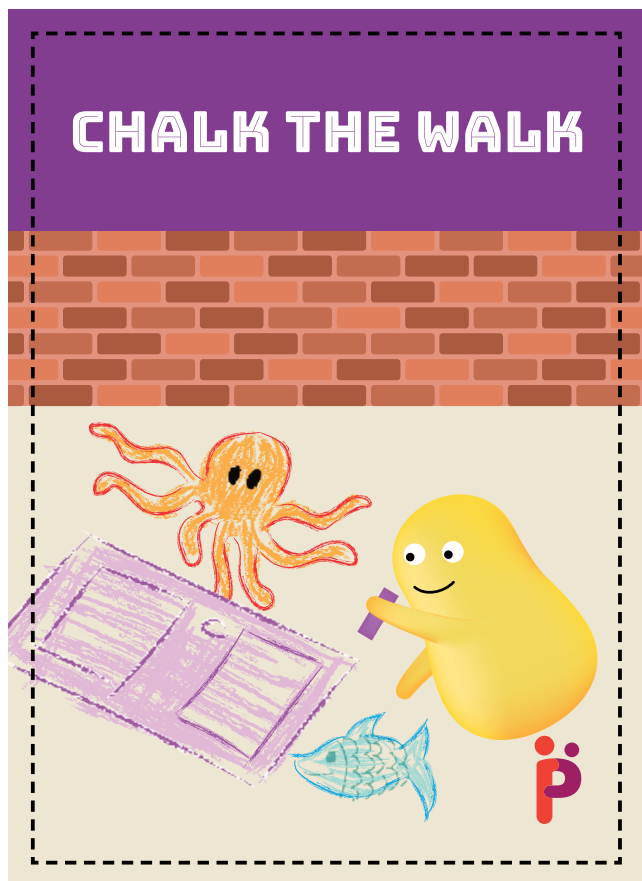
02 - FRONT



03 - FRONT



04 - FRONT



05 - FRONT



Next time you're out for a walk together, keep them on track by asking how many colours they can spot along the way. Red, orange, you name it – there's every colour in the rainbow out there!

This game is perfect for letting little imaginations wander, no matter the weather. For each colour they notice give them a point. And if they manage to see a real rainbow, that's 10 bonus points!

Add a wee bit more magic to a snowy day – just grab everyone's wellies and coats and see who can be the first to make a snow angel. Just lie on your back and move your arms and legs.

For more giggles, see what other flying snow creatures they can imagine – how about a snow dragon? You could even make them run before it catches them.

A fun way to distract little ones if they're having a bit of a moment out and about is to ask what sounds they can hear. Whether it's water, birds, cars or rustling leaves – there are so many exciting sounds out there. Was that a motorbike? Or an airplane?

You could even make an unexpected sound to keep it fun – "ROAR!"

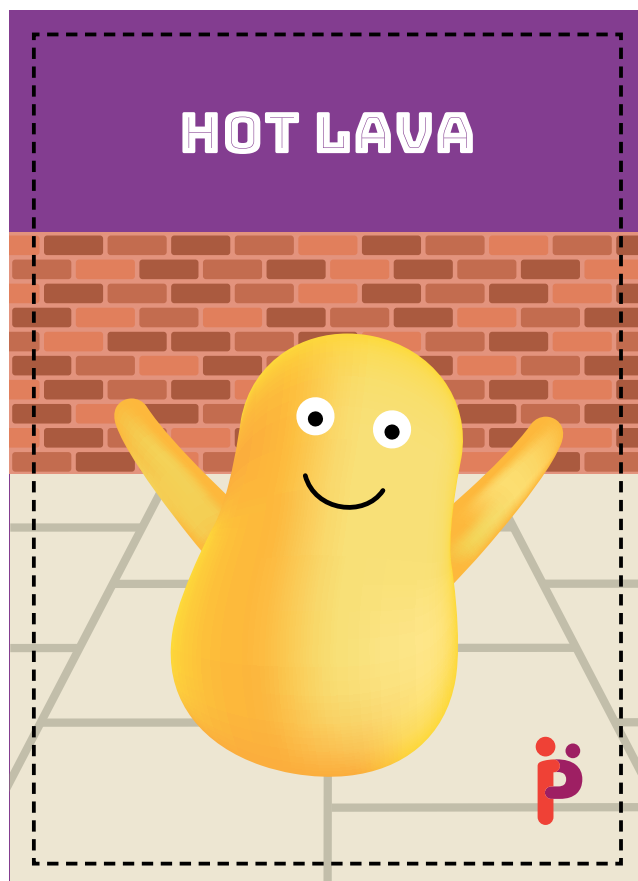
One way to burn off energy during the day is to give your little one a piece of chalk and turn any outdoor surface into a new adventure.

For extra fun, why not draw a magic door and see where it takes them – across the sea, into space, or even back in time to the dinosaurs!

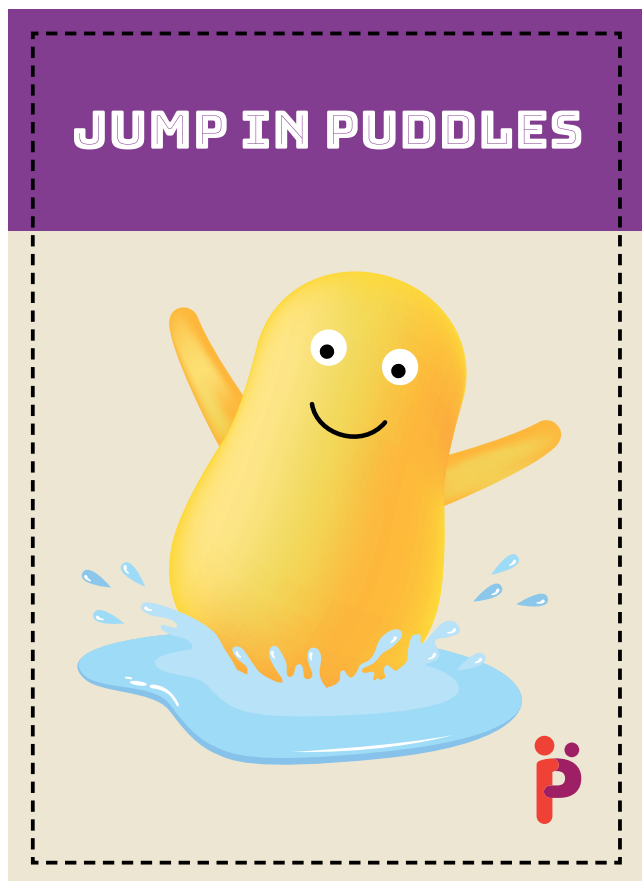
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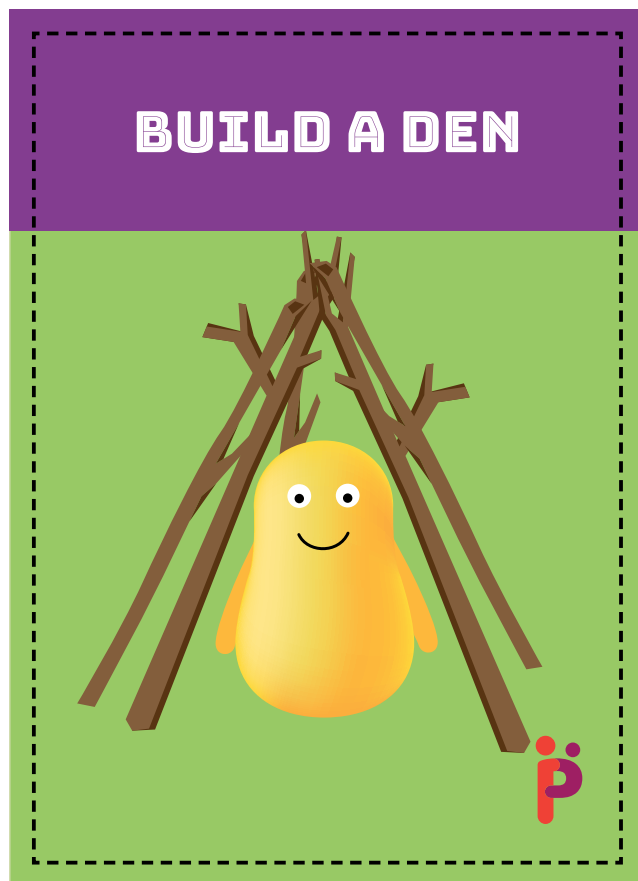
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08 - FRONT



09 - FRONT



A quick way to cool down tempers when you're outside is to pretend the lines on the pavement are hot lava. Get them to skip and jump over the lines and cracks and see who can get the furthest without stepping on any.

If you need to hurry them along, why not pretend that a volcano's going to go off soon.

Want them to take a break from screens? You could go for a woodland walk. Ask if they can spot any bears behind the trees!

Pretend you've seen a bear – "GRRRR!" They'll run, run, run as fast as their wee legs will go!

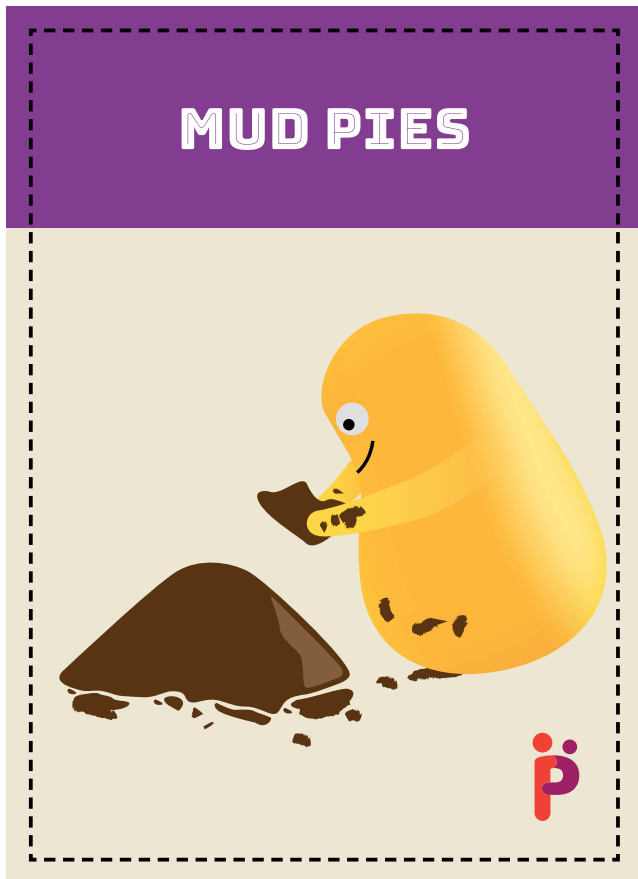
Conquer boredom by building a den in a local woodland – it's a great way to let little imaginations run wild. They'll have fun balancing sticks, tying branches to form a roof and deciding where to leave a gap for the door.

No big sticks? How about asking them to gather small twigs to make a fairy den instead.

Keep rainy-day tantrums at bay by popping on their wellies, raincoat and getting out there! They'll love splashing in puddles as they skip down the street.

Why not ask them how high they can jump to make an extra big splash?

10 - FRONT



11 - FRONT



12 - FRONT



13 - FRONT



One way to burn off energy and build up their appetite before dinner is to take a ball to the park. See how much fun they can have when they throw it, catch it, bounce it.

For lots of giggles, see how many times you can pass the ball together without dropping it.

Need to help them beat the boredom when it's raining? Then get outside and have fun getting their hands dirty making mud pies!

To really get their imagination going, why not ask who they are baking for? Is it for a scallywag pirate on board a ship? Or some hungry teddy bears heading for their picnic?

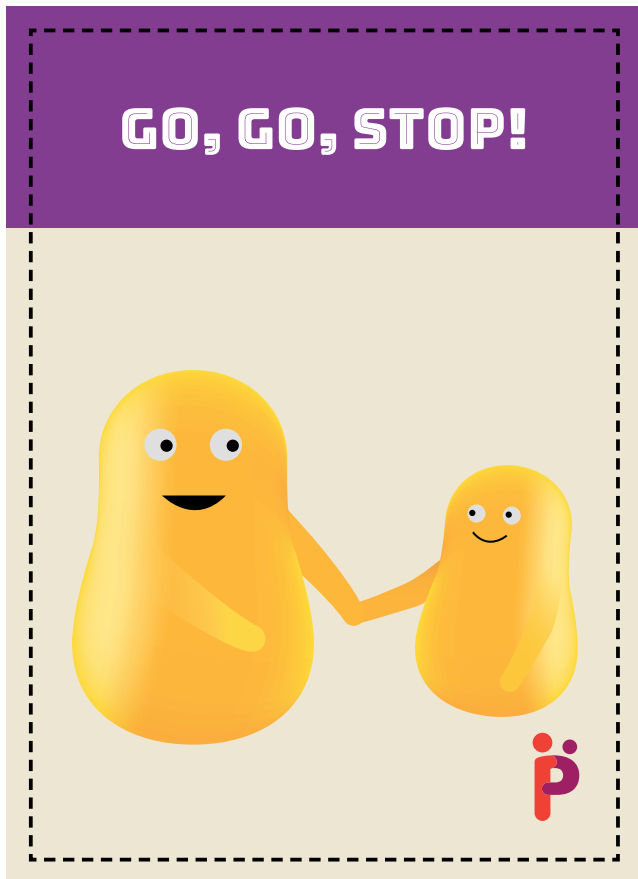
If your little one is climbing the walls in the house, why not take away the walls by climbing trees instead?

It's a great summer activity for kids. What else can they find to climb - steps, logs, or little slopes?

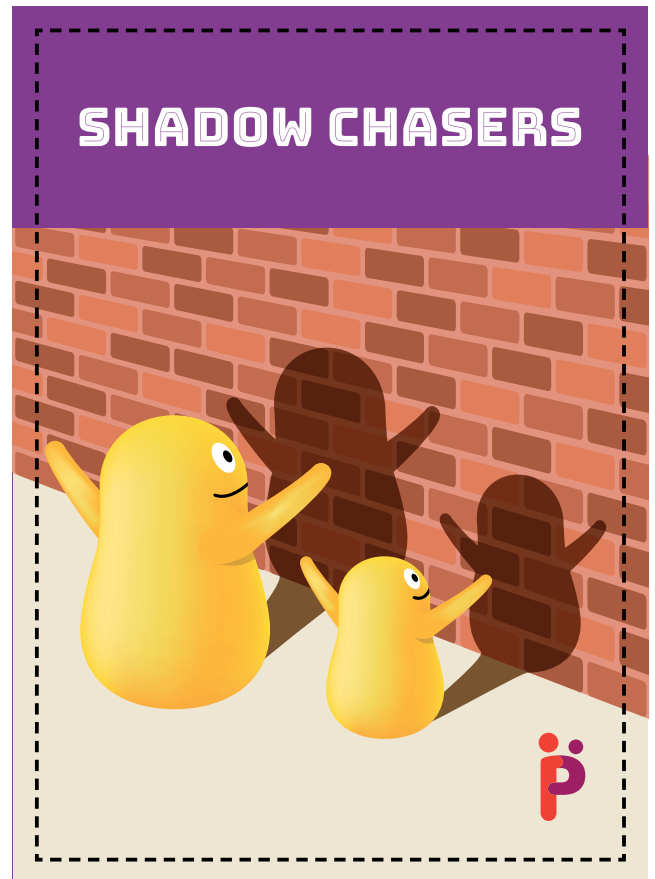
If you're running out of ideas to keep your little ones entertained, why not step outside, get them to find a stick and see where their imagination takes them. Because it's never just a stick. Today it could be a magic wand, an air guitar, or a bow and arrow.

You could even ask them to draw with it on the ground – the possibilities are endless. You'll never get stuck with a stick!

14 - FRONT



15 - FRONT



16 - FRONT



17 - FRONT



Getting your little one to chase a shadow outdoors can be a really fun distraction from a tantrum. Can they jump on it or make their shadow dance?

For extra giggles, can they make shadow shapes with their hands and fingers – is it a dog, a bird or a giraffe?

Speed up any slow walk when you're outside by trying this quick and easy game. Just say 'go' to get your wee ones walking quickly, then suddenly surprise them by shouting 'STOP!'

Why not take it in turns – wee ones will love bossing around a grown up!

Kids love water, so what better way to calm them down than by getting them to focus on creating a magic potion? Fill a little washing-up basin and let them splash and wiggle their fingers through it.

Why not ask them to find petals and leaves to help make the potion extra magical!

To get little ones to interact with their outdoor surroundings, try opposites. If they pick up something smooth, they have to find something rough. If they find something heavy, they have to find something light.

The best part – you can play this anywhere!

18 - FRONT



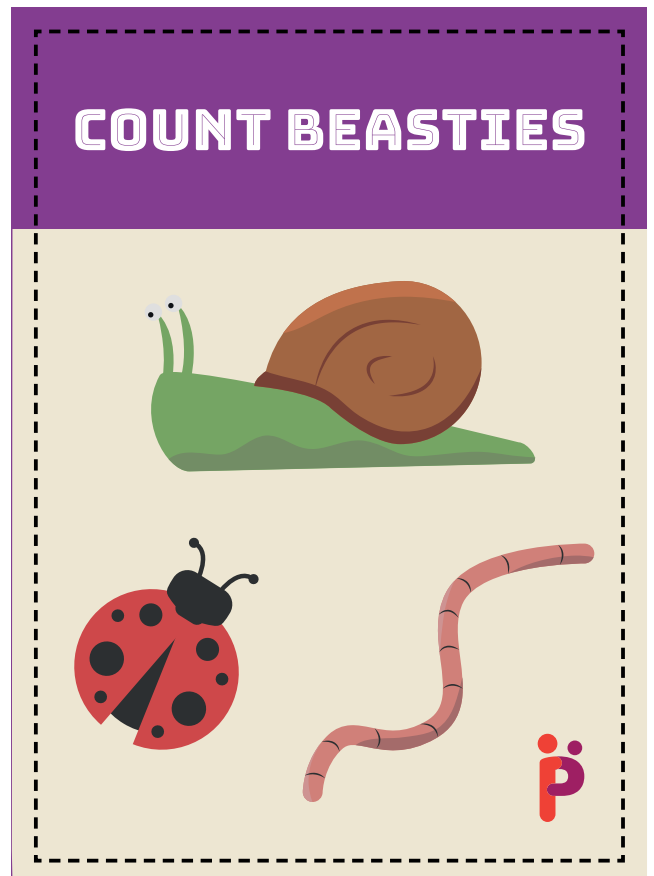
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Some fresh air by a local stream or river can really help to give you and your little one some amazing breathing space. Why not get them to pick up a stone and splash it into the water? Which type of stone makes the biggest splash – smooth, flat, big or small?

For extra fun, show them how to skim a stone by spinning it underarm across the water and count how many times it skips across the surface.

A great way to get little ones to run around is to go outside and collect things to put in a treasure box. What can they find – pinecones, stones, shells or leaves?

It's amazing how with a little imagination, their box of items can be anything they want it to be. Why not ask them what it is today? Could it be pirate treasure or presents from elves?

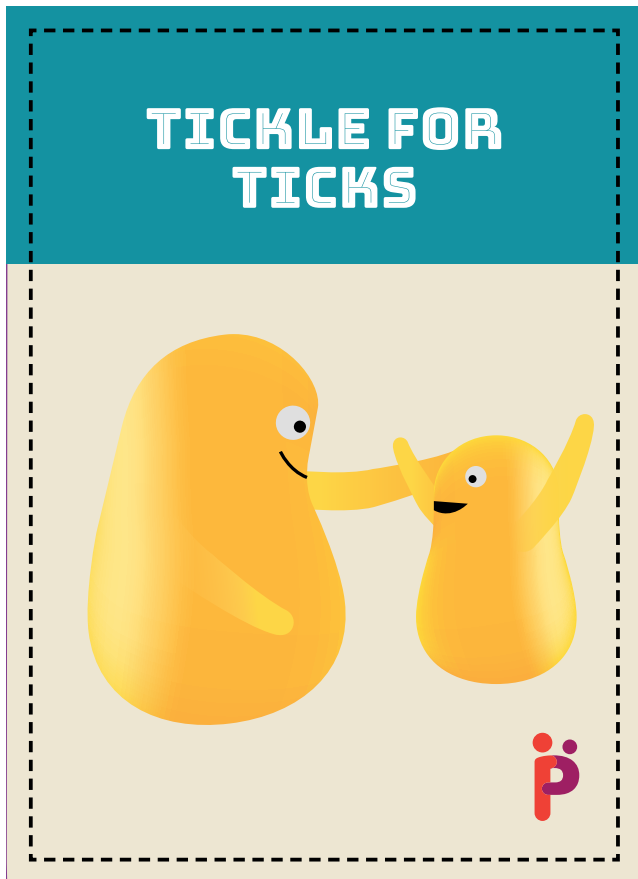
If your little one is feeling antsy, why not get them to look for beasties? Wee explorers will love if you ask them to see what different bugs they can find in different places – search in grass, mud, trees and even cracks in the pavement.

To keep them entertained for longer, you could even ask them to count how many of each creepy crawly they can find.

Get creative and keep them entertained for hours by collecting items to use as paint stampers. Get them to think about what things would make interesting patterns. There are so many different leaves, cones and stones to find.

For an extra special activity, why not make one of their prints into a card for a friend?

22 - FRONT



23 - FRONT



24 - FRONT

GET READY FOR SUMMER

To make stepping outside less of a challenge, use this handy summer checklist to turn getting ready into a bit of a game. For added fun, try and beat the time it takes to get outside each day.

Sun hat	<input type="checkbox"/>
Suncream	<input type="checkbox"/>
Bottle of water	<input type="checkbox"/>
Rain mac	<input type="checkbox"/>
Healthy snack	<input type="checkbox"/>

It's fun to play outside. Mud is good! However, it's really important that we wash our hands when we get home. When we do, we lower our chances of catching and spreading germs.

Wash thoroughly with soap and water for 20 seconds – the time it takes to sing Happy Birthday twice. Doing this helps us all stay safe!

Remember to check for ticks after playing outside – particularly if you've been in long grass or woodlands.

These little critters attach to skin underneath clothing and can make little ones poorly.

Why not make a fun game out of checking for ticks – by having a good look then tickling for lots of giggles? For guidance on how to remove ticks, visit nhsinform.scot/bugs-and-germs

GET READY FOR WINTER

To make stepping outside less of a challenge, use this handy winter checklist to turn getting ready into a bit of a game. For added fun, try and beat the time it takes to get outside each day.

- Woolly hat** ☐
- Gloves and scarf** ☐
- Warm coat** ☐
- Winter shoes** ☐
- Healthy snack and water** ☐