

## Week of May 25<sup>th</sup> – 29<sup>th</sup> – “Outdoor Adventures”

This week theme is "Outdoor Activities" - for 30 minutes each day get outside and explore, play, learn. Grab a friend, sibling, parent and explore the outdoors. Could be simple walk on trail, or kicking a soccer ball around or getting sticks for a bonfire, or playing tag in the backyard. There are so many activities to choose from! See the list below for some other great ideas!



### Camping & Outdoor Physical Activities

- Biking
- Swimming
- Running
- Hiking
- Skateboarding
- Jump Rope
- Kayaking
- Canoeing
- Fishing
- Rock Climbing
- Walking
- Soccer
- Tennis
- Badminton
- Volleyball
- Scootering
- Tag
- Baseball
- Gardening
- Geocaching
- Hopscotch
- Painting/woodworking

