

30 GREAT ACTIVITIES FOR KIDS

  to do this Summer!

#1610SummerOfFun

1. Build a den  <input type="checkbox"/>	2. Climb a tree  <input type="checkbox"/>	3. Bounce on a trampoline  <input type="checkbox"/>	4. Play a racquet sport  <input type="checkbox"/>	5. Help make a healthy dinner  <input type="checkbox"/>
6. Make your own smoothie  <input type="checkbox"/>	7. Go for a cycle  <input type="checkbox"/>	8. Hunt for bugs  <input type="checkbox"/>	9. Go for a swim  <input type="checkbox"/>	10. Walk round a park  <input type="checkbox"/>
11. Play frisbee  <input type="checkbox"/>	12. Climb a huge hill  <input type="checkbox"/>	13. Kick a football  <input type="checkbox"/>	14. Dance with the family  <input type="checkbox"/>	15. Do some gardening  <input type="checkbox"/>
16. Help bake a cake  <input type="checkbox"/>	17. Make a sandcastle  <input type="checkbox"/>	18. Skim a stone  <input type="checkbox"/>	19. Shoot some basketball hoops  <input type="checkbox"/>	20. Learn a trick on your scooter, skateboard or bike  <input type="checkbox"/>
21. See how many keepy uppies you can do <input type="checkbox"/>	22. Dress up as your favourite superhero  <input type="checkbox"/>	23. Learn 3 yoga poses  <input type="checkbox"/>	24. Count how many birds visit your garden  <input type="checkbox"/>	25. Learn a joke & make someone laugh  <input type="checkbox"/>
26. Try a new food  <input type="checkbox"/>	27. Learn how to say 'hello' in 5 different languages  <input type="checkbox"/>	28. Collect shells or find a fossil  <input type="checkbox"/>	29. Take a photo of a sunrise or sunset  <input type="checkbox"/>	30. Spot the International Space Station in orbit*  <input type="checkbox"/>

*<https://spotthestation.nasa.gov>

School is out and summer holidays are here....so we have compiled a list of 30 things you can do with the kids this summer to keep them active and entertained!

www.1610.org.uk/30thingstodo

Simply tick off a different activity each day and if you share a picture of you and the family taking part in any of the activities with us on Facebook or Instagram you will be entered into the prize draw to win a kids birthday party worth up to £180!



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