



**GIG**  
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Bwrdd Iechyd Prifysgol  
Aneurin Bevan  
University Health Board

**Outdoor Activity Ideas**

**Information for Patients**

**Children's Physiotherapy  
Service**

# **Outdoor Activity Ideas**

## **Information for Patients**



### **Scavenger hunt**

When out on your walk see how many things you can find from our scavenger hunt. Tick them off once you've found them. This activity will make you squat down, reach up, climb and maybe even crawl to find these items. This will help to make your core and leg muscles stronger.

# Scavenger Hunt



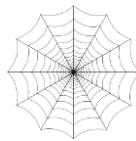
A green leaf



A flower



A brown leaf



A spider web



A feather



A stick



A pinecone



A tree stump



Water



A cloud



A rock



Grass

## Hunt for mini beasts

When out on your walk try to find as many bugs as you can. Tick them off once you've found them.

This activity will make you squat down, reach up, climb and maybe even crawl to find the bugs. This will help to make your core and leg muscles stronger.

## Mini Beast Hunt



Ladybird



Beetle



Dragonfly



Cricket



Ant



Butterfly



Spider



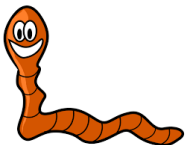
Snail



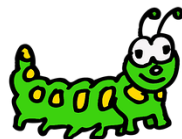
Fly



Bee



Worm

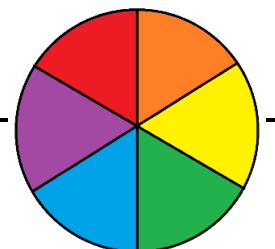


Caterpillar



Wasp

How many objects can you see which are the colour .....



Each day choose a colour for your walk. When you are out try to spot as many different things as you can which are the same colour. Try to find more than your parents.

This is a good activity to get you moving which will make you fitter.

## Play hide and seek



Play hide and seek in your garden, you can hide or parents can hide and you find them. Parents can hide some of your toys and you search the garden to find them.

For this activity you will need to squat down and crawl to hide, helping to make your core and leg muscles stronger.

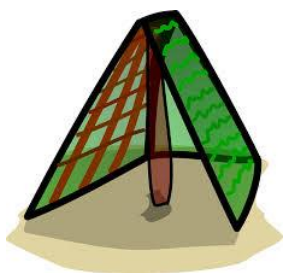
## Go to the park

Take your parents to the playground to play on the swings and the slide.

The playground has lots of activities to make you stronger, you have to climb, crawl, balance and reach away from your body. It will help to make all of your muscles stronger.



## Build a den



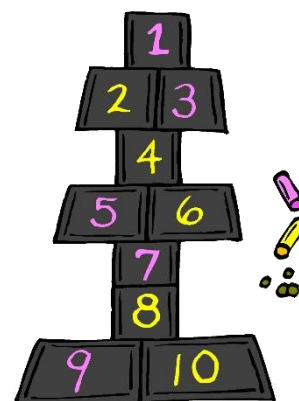
Use garden chairs, tables and blankets (or anything you can find) to build a den. Once you have built your den you can sit inside it to play with toys.

You will need to carry, squat, crawl and reach to build the perfect den. This will help to make your core and leg muscles stronger.

## Play Hopscotch

Ask your parents to draw a hopscotch course for you. You can have lots of fun and challenge your parents to give it a try.

This activity needs you to jump and hop so will help to make your balance better and make your core and leg muscles stronger.



## Try Skipping



Grab a skipping rope and give it a try, it's a great workout and lots of fun.

This activity needs you to jump and hop so will help to make your balance better and make your core and leg muscles stronger. It is also a great exercise to make you fitter.

### **Jump in Puddles**

Put on your waterproof clothes and find some puddles to jump in. See who can make the biggest splash.

This activity needs you to jump and hop so will help to make your balance better and make your core and leg muscles stronger.



### **Ride a bike**



Put on your helmet and ride your bike. How many different things can you spot on your bike ride?

You will need to use your core and leg muscles a lot for this activity which will help to make them stronger. It is also a great exercise to make you fitter.

### **Ride a scooter**

Put on your helmet and ride your scooter.

You will need to use your core and leg muscles a lot for this activity which will help to make them stronger. It is also a great exercise to make you fitter.



### **Build an obstacle course**

Use what you can find in the garden to create an obstacle course. Try to include obstacles that encourage jumping, squatting, balancing and crawling. This will help to make your balance better and make your muscles stronger. There are lots of different ideas online!

### **Play catch**

Throw a ball between you and your partner. Don't let it touch the ground.

This activity will make you move around and reach away from your body helping your balance and making your core muscles stronger.



**This document is available in Welsh / Mae'r ddogfen hon ar gael yn  
Gymraeg**