



HABITAT FIRST

Find your perfect escape in the great outdoors with our 30 day challenge

30 OUTDOOR ACTIVITIES

1 MAKE A FLORAL PERFUME Gather fallen petals, mix with water, leave overnight and then pour through a funnel into a bottle.	2 PAINT WITH WATER Paint the patio with a paintbrush and water. Older kids can create games such as noughts and crosses.	3 HIDE AND SEEK Discover your garden in a different way with this old school classic.	4 PLANT SOME SEEDS If you have any seeds in the house, now is the perfect time to plant them. Get the kids to look out for signs of new life.	5 STRING LASER TAG Tie string between trees or fence posts and challenge kids to make their way through without touching the string.	6 MAKE A MUD CAKE Send the kids out with some cupcake cases and ask them to make a mud cake, complete with natural decorations.	7 FIND 3D SHAPES See what natural 3D shapes the kids can find in the garden and feel guilt-free for half an hour as the kids practice their maths.
8 DO A SCAVENGER HUNT Paint pictures of natural items that can be found in the garden and then hunt for each one, ticking them off as you go.	9 MAKE A BUG JAR Place an old jam jar between some shady rocks and see who comes along to say hi!	10 I-SPY Go outside and see what you can spot - use letters, phonemes or colours, dependant on age.	11 MUD HIEROGLYPHICS Mix mud and water to create your very own mud hieroglyphics.	12 MAKE A ROCK MONSTER Paint a rock to create a monster face or attach a few rocks to one another with clay to make a full monster.	13 GO BIRDSOTTING See how many birds you can spot in the garden and sketch the ones that you spot.	14 MAKE A FAIRY GARDEN Use an old pot to put different natural items in to create a special world for your fairy, doll, superhero or favourite toy.
15 GO PUDDLE JUMPING Embrace the rain, safe in the knowledge that you don't have to get uniform or bags ready the next day.	16 MAKE CLAY FACES Make faces out of clay and sticks and press them onto a tree, wall or fence in your garden gallery.	17 PRESS FLOWERS Find some fallen flowers and press them between paper and hardback books.	18 GO BUG HUNTING Use a magnifying glass to see what creatures live in your garden. Talk about what they might do and need in the day.	19 STARGAZE With no early starts required, keep the kids up late and see what star formations you can spot.	20 MAKE S'MORES Toast marshmallows on a little fire outside and sandwich them between digestives with a large slather of chocolate. Mmm.	21 BUILD A DEN Use large branches from fallen trees, playframes, old blankets and whatever you can find to build a den outdoors.
22 MAKE A STONE AGE TOOL See what old fashioned tools the kids can create with rocks, string and sticks.	23 PLAY HOPSCOTCH Use chalk to create a hopscotch grid outside for a brand new outdoor game.	24 HUNT TREASURE Hide some everyday objects around the garden and give the kids clues to find them.	25 MAKE A MINI POND Put out some water for wildlife and see who stops by for a wash or a drink.	26 CLOUD WATCH Lie back as a family and see what shapes you can spot in the great outdoors.	27 MAKE A BEE HOTEL Use a terracotta plant pot, clay, bamboo canes and string to make a special bee hotel.	28 DO A GARDEN DIARY Draw pictures and note how the garden changes each week.
29 MAKE A PEG ROBOT Use wooden pegs to create your very own robot sculpture.	30 CAMP OUT AT NIGHT Erect the tent in the garden for a family camp out, listening out for wildlife while you're at it.	WWW.HABITATFIRSTGROUP.COM #30daysofthegreatoutdoors				