1. **Build a Den**

2. **Play in the rain** (jumping in puddles is great fun!) or, if sunny have a water fight

3. **Make a mudpie** or if near a beach build sandcastles

4. **Climb a tree**

5. **Make a daisy chain or make a grass trumpet** (find a wide, strong piece of grass; this should be about the length of your finger. Hold the grass between your thumbs and blow through the grass like you are blowing out a candle)

6. **Roll down a grassy hill**

7. **Skim a stone**

8. **Explore - hunt for bugs or if you are near to a beach hunt for crabs**

9. **Swing on a rope or tyre swing**

10. **Make and fly a kite**

11. **Play hide ‘n’ seek**

12. **Make a fire without using matches** (make sure an adult is present) then roast marshmallows on a stick

13. **Learn how to do a handstand and a cartwheel**

14. **Have a wheelbarrow or 3-legged race with your friends**

15. **Make a walkie talkie** (use two large paper cups, pierce a small hole in each base and thread string though each end. To use take one cup each, ensure string is pulled tight and in a straight line ... talk into your cup and the other person can place theirs to their ear and hear you ☺️

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We would love to hear of your ideas, email us at Email: [info@playscotland.org](mailto:info@playscotland.org)

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