



30 fun activities for the family

#GetIntoSummer

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Explore our 30 ideas to keep your family entertained outdoors this summer. These activities are designed for children aged 5 to 10, but can be tailored for the whole family.

#1 Pebble painting

Go on a walk to find a flat pebble or rock to paint and decorate!

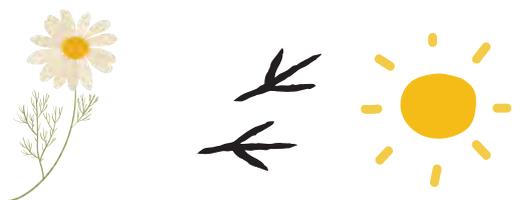
Maybe leave your finished product in a public place for others to enjoy your work.

#2 Spotting signs of summer!

Head out for some family time!

After a busy time of school and work, take a breather and get some time outdoors together.

Take a camera to spot signs of summer – it could be feathers, colours, footprints... a petal.



#3 Make a treasure trail

Mark out a trail in advance, you could use twigs, flour, chalk or small stones depending on where you are.



#4 Nurdle hunt

Nurdle hunting can be a fun activity for young and old when you are walking in coastal areas.

A nurdle is a small plastic pellet about the size of a lentil and can be any colour.

By getting outside hunting for nurdles and recording where they are, you can make a valuable contribution towards combatting plastic pollution and highlight the risks posed to wildlife.



#5 Be wise outside

We're so lucky in Scotland to be able to access our countryside freely. So, when we do go out and about, we need to be wise - always taking care of ourselves, others and the environment. It's all laid out in the [Scottish Outdoor Access Code](#) if you want to find out more.

#6 Take a picnic

We've all been in our homes so much (too much!) this year, due to lockdowns.

If the weather's right why not get ready for some picnics. Pack a rucksack with your favourite sandwiches and drinks and head off along a path for an alfresco lunch!

Remember to leave no trace – be very careful not to leave any rubbish or food scraps behind.

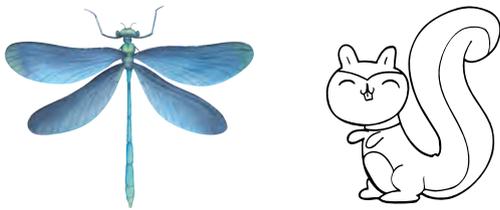
#7 Find some summer life

Animals are on the go at this time of year, with warmer weather and longer days.

Look out for swifts soaring above you, dragonflies flying past, or maybe you'll be lucky enough to spot a red squirrel!

However, if you do live near fields where livestock is - then please keep your distance.

Don't take any dogs near these places, and disturb the animals as little as possible.



#8 Photo hunt: textures

Help your children to start noticing textures and detail in nature. Take photos of the textures you see - like ones you see in greenery, on tree bark, the ground, on rocks, paths or earth. Once you get home, crop each photo to show only the texture. You can then add into a grid and add the photo to an album to share with friends or family.



#9 Build a den

Building dens are brilliant for kids, in solving problems and working together creatively.

Woodlands are great for den building. Try finding large fallen branches and lean them up against a tree to make a teepee style den. You can weave smaller branches and moss in amongst the larger branches, to create more shelter. Then let little imaginations just have fun in their cosy hideout.

If you don't have space or big branches, try making a mini den, for 'fairies' or favourite teddies!

It's a good idea to take your den down before you go home - to leave the woods as you found them.



#10 Hunt for bugs

There's lots of active insect life in summer. If you're in a park or on a footpath, turn over stones or branches to peek at the tiny creatures under there - how many can you see?

Once you've finished looking under a stone, turn it back over.



#11 Find the way home

An interesting one for kids who like a challenge!

Go for a walk with your children, taking a different route from your usual walks. Point out lots of features on the way – such as trees, signposts, big puddles, rocks, terrain, views or bends in the path.

Then, turn to your children and ask them to get you all home.

They might be surprised to be in charge, but you can help them out by pointing out all the features you noticed on your outward journey to guide you back.

#12 Photo walk: make a toy story

Get your children creative with favourite teddy or character on a walk.

Take a toy character on a walk and photograph them in different places like peeping through bushes, hiding up trees, pointing the way home, crossing bridges or sniffing flowers – see where your walk takes you!

Once home you can print out the photos and staple together to make a book. Your child can then write an imaginative story of the toy's walk! Noting what they did, saw and how they felt.

Maybe the toy enjoys a rest on the sofa at the end of the day.



#13 Walk with me – invite a friend

Invite a friend for a walk today and show them where you like to go and why.

Join Us!

#14 Help neighbours

Let the kids take on some outdoors tasks for neighbours. Put the recycling bin out for elderly neighbours, or spruce up a garden with a spot of weeding for a busy new parent.

Other ideas include topping up bird feeders in neighbours' gardens, planting seeds or watering plants.

#15 Photo hunt: colours

Look carefully at colours you notice in nature. Take photos and see if you can create a colour theme. You could look at the sky, flowers, leaves, rocks, lichen or water reflections - everything around you for inspiration.

Once you get home, you could crop the photos and add into a grid design to share with friends or family.

Maybe these colours can inspire your next art project.



#16 Do a little pick

Help to look after your favourite paths and places. If you've spotted some annoying litter – bag it up and take it home.

Don't forget to take a before and after shot!

#17 Walking games: follow the arrows

Hide and seek is of course a classic game!

Add an extra dimension by collecting twigs, stones or cones to lay a trail to make more elaborate clues to your hiding places.



#18 Bark rubbing

Grab some crayons and paper and head out to the woods to make some art.

Hold your paper over the bark and rub your crayon over the surface to reveal unique patterns. Compare textures and patterns you get from different tree species.

#19 Cloud watching

Find a good spot to lay on your back and look up at the clouds. What shapes can you see? How quickly are the clouds moving and changing?

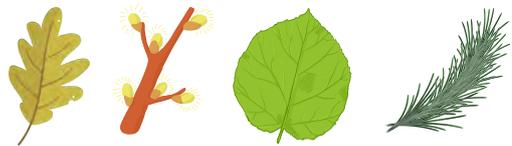


#20 Tree ID

Find out more about the nature around you, whether that's in streets, gardens, parks or woods.

Woodland Trust has a free Tree ID app to help you identify the trees where you live.

Even if the leaves aren't all out yet, you can still use bark, twigs and buds to spot what species you've found.



#21 Photo fun: shadow people

Have some fun with shadows when you are enjoying a walk in the sunshine.

How tall can you be and what animals can you make with your hands and body?

Capture the moment on video on the family doing their favourite shadow.



#22 Go for a paddle

Get your shoes off and find some water to dip your toes in! If you're not by the seaside then find a shallow river or loch edge you can have a splash in.

#23 Nature art class

Look at artists who use nature in their work. [Andy Goldsworthy](#) creates stunning art from nature such as ice, leaves, slate, branches and rocks.

Can you go out for a walk today and do your own sculpture using natural materials?



#24 Left / right - you decide

Head for a park or woodland with lots of paths.

This is an opportunity for children to guide the walk and be in charge. At each junction of the path, hold a vote i.e. 'hands up' for left/right/straight on. The largest number votes decides which direction is taken. Occasional adult influence is required to make sure that everyone gets back to your starting point!

#25 Nature hunt: letter forms in nature

Can you look carefully to find natural letterform shapes as you look at what is around you while you walk along.

Or can you make letters or words from natural materials?



#26 Plant something

Get some seeds, or use some from the fruit and vegetables you eat, and plant on a window sill or in your garden.

Keep it watered and warm and watch it grow!



#27 Treasure map

You could draw a treasure map for your children to follow – noting on there lots of landmarks and points of interest to help them find their way. You could invite a friend along to join in with the fun.

Or your children could design a treasure hunt for their friends.



#28 Bird ID

On a walk or in your garden, listen and look out for what birds you can see.

The RSPB website has some great resources to help you identify bird species and lots of other fun activities for families to try.



#29 Go foraging

Nature's larder is ready to be explored in Scotland! Look out for brambles, wild garlic or elderflower.

Please forage responsibly and only pick amounts that will have minimal impact on the plant.



#30 Making memories day

Collect all the photos you took over summer and create a scrapbook or digital photo book with a photo app.

Challenge yourself to only use outdoor photos, and create a lasting memory of your nature-filled summer.

