

25 Things to Do in Hot Weather



- Find a quiet river, stream or lake to dangle your feet in the water & daydream.
- Have an ice sledding race down a steep, grassy hill (ice sleds available from ice suppliers).
- **3** Play <u>Nature Play Bingo</u>! Download the free resource from our website & get finding.
- 4 Make your own icypoles with seasonal fruit & yoghurt freeze & enjoy!
- 5 Explore <u>geocaches</u> in your area a digital treasure hunt for the whole family.
- 6 Create Christmas decorations from natural materials (see our blogs for how-tos)
- 7 Build a sandcastle (or city!) & decorate with shells, seaweed & natural treasures you find.
- 8 Camp out overnight pitch a tent or sleep under the stars.
- **9** Discover some urban nature. Find small spaces of green in the city.
- **10** Create a cubby in your yard a cool space to escape the heat.
- 11 Take an early morning walk. How many different bird calls can you hear?
- 12 Get out on the water hire kayaks or paddleboards, or get the surfboard or boogie board out & hit the surf!
- 13 Take a family picnic to a spot you've never been before.

- 14 On your watering days, play under the sprinklers while the garden gets a drink.
- 15 Get muddy! Get the mud kitchen into action or hose down your sandpit for some messy fun!
- 16 Go mountain biking. Check the <u>Cycling section</u> of our website for info.
- 17 Teach yourself a new skill. Ride without training wheels, cross the whole monkey bars without stopping or practise your cartwheels.
- 18 Visit a national park (use Explore Parks WA's <u>Parks</u> <u>Finder</u> or our <u>Every Kid in a Park</u> app).
- **19** Explore rock pools at your favourite beach. How many sea creatures can you spot?
- **20** Try spelunking! Discover one of the many beautiful caves around WA.
- 21 Go on a family bushwalk. Check the <u>Hiking</u> section on our website for trails.
- 22 Draw a target on the footpath in chalk, fill a bucket with water & use wet sponges for target practise. Can you hit a bullseye?
- 23 Go fruit picking discover what fruits are in season.
- 24 Create a nature "treasure" box & add something to it from each adventure. How many can you collect over the holidays?
- 25 Visit as many nature play spaces as you can! Download our <u>Play in WA app</u> to find one near you!

supported bv



natureplaywa.org.au