- Discover your favourite story/stories
- 2. Go to the beach
- 3. Build a giant sandcastle
- 4. Smash ice with a stick outdoors
- 5. Find a stick and make it your own
- Go on a treasure hunt
- 7. Dress up in adults shoes and wear make up you applied
- 8. Find a fairy door in your house or garden
- 9. Do the Hokey Cokey
- 10. Have a sponsored bounce on a trampoline or bouncy castle
- 11. Throw autumn leaves in the air
- 12. Crunch through autumn leaves
- 13. Grow a seed into a plant sunflowers are great
- 14. Walk bare foot in mud/sand or even jelly!
- 15. Hunt for conkers
- 16. Write a message and put it on a helium balloon and ... Let it go!
- 17. Post a card to a family friend
- 8. Make bread from scratch
- 19. Jump in the waves
- 20. Fish with a fishing net
- 21. Stroke a rabbit
- 22. Hop around like a bunny
- 23. Dress as your favourite character (wear out to the supermarket)
- 24. Build an indoor den under a table or tip up the sofa
- 25. Fill water balloons and throw them
- 26. Dance in the rain without a coat
- 27. Catch rain drops on your tongue
- 28. Paint using only your hands or your feet
- 29. Slide down a grassy hill on a tray
- 30. Roll down a grassy hill
- 31. Make mud pies
- 32. Eat an ice cream cone
- 33. Learn to roll like a pencil
- 34. Squirt shaving foam then rub your hands in it!
- 35. Make large bubbles with hoops
- 36. Blow bubbles on a windy day
- 37. Grow caterpillars into butterflies
- 38. Make a Vitamin C rocket
- 39. Have a picnic indoors and outdoors
- 40. Sit upstairs on double decker bus
- 41. Go for a ride on a train a steam train even better
- 42. Visit old people and tell them a story or sing them a song
- 43. Chalk on the pavement
- 44. Learn to play hopscotch
- 45. Go rock pooling catch a crab in a bucket
- 46. Feed the ducks
- 47. Learn a poem the owl and pussy cat was my favourite!
- 48. Make perfume with flower petals and bottles
- 49. Eat at a restaurant not a fast food one!
- 50. Bake fairy cakes and lick the bowl
- 51. Have a tea party for your toys
- 52. Sing out loud and dance as often as possible (especially in public)
- 53. Take part in a show
- 54. Learn to swim
- 55. Hold a sparkler and write your name in the air
- 56. Run so fast you think you can fly
- 57. Go to a pantomine
- 58. Roll boiled eggs down a hill
- Bottle feed lambs
- 60. Play pooh sticks on a bridge over a river

- 1. Make a scrap book of your favourite things/people
- 62. Play Jack in the box, in a large cardboard box
- 63. Have a themed birthday party
- 64. Do one kind act for others each week of a whole year
- 65. Grow tomatoes and eat them
- 66. Stay up late to look at the stars with a night time picnic
- 67. Visit a 'pick your own' farm
- 68. Play apple bobbing
- 69. Toast marshmallows on a fire pit outdoors
- 70. Jump on your bed
- 71. Ride on a carousel horse at the fair
- 72. Eat icecream cornet from an icecream van
- 73. Bash a piñata
- 74. Play party games like pass the parcel, musical chairs or musical statues
- 75. Slide down a garden water slide
- 76. Slide full body on a muddy field
- 77. Be a pirate for a day, build a ship, dig for treasure
- 78. Explore your garden looking for mini beasts
- 79. Make a sock puppet and do a show
- 80. Do a coin rubbing with paper and crayons.





- Make a rope swing in a tree with a tyre or large stick as the seat
- 82. Put on a cape (piece material) pretend you're a superhero
  - Talk like a pirate for a day (if your voice will last!)
- 84. Learn to jump rope simple skipping
- 85. Bounce a bouncy ball as hard as you can!
- 86. Eat jelly and ice cream with a gigantic spoon
- 87. Have unlimited toppings on your ice cream ... Your choice!
- 88. Ride a two wheel bike

83.

- 89. Make friends with people who live in a different country
- 90. Enter a competition to win a prize
- 91. Join in a Guinness World Record attempt
- 92. Help wash a car with buckets and sponges
- 93. Learn ball/wall games to play on your own
- 94. Pretend to conduct your own orchestra
- 95. Hike up a mountain and admire the view
- 96. Use a magnifying glass
- 97. Visit a museum with dinosaur skeletons and fossils
- 98. Run in and out of a hose pipe spray
- 99. Go on an adventure to a zoo or farm
- 100. Roll around a large field and stop to smell the grass