



# Outdoor Games & Adventures

**Beat  
the  
Bug**

Be an outdoor adventurer with these games and activities. You'll need to rope your parents in for a few of them - so they can get active with you. Remember to follow the social distancing guidelines of your country. Most of these can be done at a social distance - except Duck, Duck, Goose which you'll need to do with just your household.

## 40-40 In

Agree on a home base. The searcher stands facing the base while covering their eyes. They count to 40 while the other players hide. The searcher looks for the other players. The other players need to try to reach the base without being seen. If they reach the base they shout "40-40 in" and are safe. If the searcher finds a player they shout "40-40 I see (name) behind that (object)" and the person returns to base. The last person to be caught wins!

## We're going on a bear hunt

Remember the popular children's book? Go on an adventure and act out the different motions, making your way through the wavy grass, stomping through the mud, wading through the river and more. Look out for the bear!



## Hopscotch

Use chalk to draw hopscotch on the pavement or patio and then get jumping! What sequences can you come up with to make it more challenging?



## Go on a bug hunt

Find yourself a mini-beast checklist and head out to your nearest green space. Search for bugs under logs, check the undersides of leaves & look at the cracks in bark. Can you identify the bugs?



## Animal Walks

Choose some animals and challenge the kids to walk the same way across the garden. Who can do the best impression? Slither like a snake, hop like a frog, gallop like a horse or walk like a bear.



## What's the time Mr Wolf?

One player is chosen to be Mr Wolf. Mr Wolf stands at the opposite side of the garden or playing area facing away from the others. All other players then chant "What's the time Mr Wolf?". Mr Wolf can answer in one of two ways.  
1. Calling a clock time "2 o'clock". The other players then take that many steps, counting them aloud. Then they ask the question again.  
2. Mr Wolf calls "dinner time!" and turns around and chases the others back to the start. If he catches anyone, they are Mr Wolf in the next round.

## Duck, Duck, Goose!

Time for an old-fashioned game of Duck, Duck, Goose. Head outside and sit in a circle. Tap each person on the head and say either "duck" or "goose". If they say "duck", things continue. If they say "goose", the person tagged needs to run after the tagger and catch them before they get back to their spot. If the tagger gets caught, they sit in the middle and play continues.

## Be an artist

Get arty! Can you build a nature sculpture? Collect sticks, leaves, stones, fallen petals or whatever you can find in the garden or park. You could use mud or old plant pots as a base and see what can be built!



## Leave a trail

Looking for something to do with friends but at a distance? Go on a secret spy mission. One family uses chalk, or sticks and stones to make arrows to create a trail leading to a secret message. The other family then has the challenge of following the trail - can they find the message and record it?

