



My Active Family Bucket List



Instagram: @bfflnetwork

#myactivefamily



Children who spend time outside on a regular basis are happier, healthier and smarter. Both children and adults benefit from time outdoors. Spend time together as a family outside and you are not only making strong family bonds, but you are creating unforgettable memories!

Complete as many activities as you can over the course of one year!

- Build a snowman
- Go tobogganing
- Make snow angels
- Go skating at an outdoor rink
- Jump in puddles
- Go for a walk and see how many different kinds of leaves you can find
- Go for a walk in the rain with umbrellas
- Jump in a pile of leaves
- Go for a family walk in your community
- Try something new
- Catch snowflakes on your tongue
- Find a new playground to play at
- Go for a bike ride
- Log roll down a hill
- Skip rocks
- Go for walk in a natural park
- Collect wild flowers and make a flower crown
- Catch (and release) a bug
- Create your own hopscotch with sidewalk chalk
- Skip rocks at a lake or pond
- Fly a kite
- Collect rocks and paint them
- Have a picnic
- Go bird watching and see how many different birds you can find
- Play in a sprinkler
- Go swimming
- Go for a hike or a nature walk
- Climb a tree
- Play Frisbee or catch with a ball
- Have a snowball fight
- Go camping or campout in your backyard
- Plant a garden or some flowers
- Volunteer for a day (or more) in your community
- Shovel a neighbour's walkway
- Rake a neighbour's lawn (and run away!)
- Lay on some green grass and identify shapes in the clouds
- Visit a corn maze or pumpkin patch
- Go for a walk a night – with flashlights!
- Visit a Farmers Market
- Lay under the stars
- Visit a local splash park or outdoor pool
- Search for animal tracks in the snow or mud
- Build an outdoor fort or igloo
- Feed ducks
- Go to a park and kick a ball around
- Go boating (kayak, canoe, paddle, row, etc)
- Have a water fight
- Watch the sunrise or sunset from somewhere with a nice view
- Go to a beach and build a sandcastle