

A-Z Outside Activities

The following activities were compiled for girls and Guiders to use as a jumping off point in planning unit meetings outside. There is so much more that can be added to the list!

A: Art in the Park(art with nature), archery, aerobics, acrobatics, aeronautics, aboriginal, astrology, Axe safety, add your own activity to the list and share with another unit

B: Bird ID, backyard games, butt buckets, backpacking, building forts, basic skills, bubbles, braid, butterflies and bees - learn what plants are local that are good for these species, bike ride, boat races, Building - planting boxes, bird houses, beach combing, bug catching, berry picking, build a bee hotel, bats

C: Compass games, constellation crafts, clean up your neighborhood, charades, candles, crayons, cover up (dress for the weather activities), crochet, cephalopods - learn about them, Camp in a Box, cloud viewer

D: DIY (find something you can make yourself and do it outside), dress for the weather, dice games, dig for treasure, design your own crest/flag

E: Escape the indoors (go out for a walk, meet in a park), explore (trees, insects, animals) in your area, evaporate, experiment (STEM), eco dying, eco printing

F: Fire Building skills, fun, friendship, fruit (dehydrate), folklore, fudge (of the armpit variety), fantasy, feathers (gather or draw/paint), finger-painting, firefighters - have one come visit, flexible - do stretches/yoga, fashion - use nature to create fashion, five senses activities, fairy houses (build out of natural materials), fishing

G: geocache, games, geology, geography, gophers, garden - plant a flower or vegetable garden in your community, gelli printing, ghost stories, giant games

H: hula hoop challenges, hiking sticks, hiking, hypothermia (how to prevent), hydration (make counters for drinking water), History

I: Ice sculptures, or ice melting challenges, igloo building, insects, invite a local business person/nature lover to come speak to the group, ice cream

J: Just breathe it all in (meditation outdoors), juggle, jump rope, jack-O-lantern, jingle bells (learn the dance, jokes

K: Kites, Knots, Knives, kettle (hot water for things), keepsakes - make an outdoor memory keepsake, knit outside, kindness journals, Kims games

L: lyrics (write a camp song, a unit theme song, and outdoors song), latrines, laughing, lego building contest, laps (running or swimming), legs - you have them - use them, leaf circles, leaf rubbings, lashing

M: Mastering matches (waterproofing matches) learning fire safety, moon phases, magic (STEM), Mythical (creatures, legends of the night sky), monitor - track a tree once a month, observe a park in different seasons, map making/reading, masks, music - what can you use around you to make noise

N: Night games, nesting (all about animal nests), nibble (make a recipe book or bring a snack), nice - do something nice for the neighborhood, nests - can you see any?, Natural Colours - use things found in nature to make dyes and tie dye clothing, nature discovery

O: OUCH (first aid), obstacle course, observation (bird watching), orienteering, outdoor cooking

P: Prisms (stem challenges), printmaking, Print ID, Poop ID, parachute games, painting, puppets, photography

Q: Quoting women (paint positive quotes on rocks and leave them in places to cheer people up), quilting (make a 'nature quilt" using natural materials), quiet - sit quietly, what do you see, hear, smell

R: Rockets, rocks - start a collection, reduce, reuse - think of ways to reduce items you use and those that you do need to use, read a story outside, ribbon dancing, rainbows, rock painting

S: Snow painting, sing outdoors, sit upons, scavengers, screaming monkeys, steps - how many to get to some place, trace your foot, cut it out and observe what you are stepping on, silence - what do you see/hear, special - write a note to someone who is special in your life, story time - make one up, read one, safety/Safeguide, shoreline clean up, sunrise/sunset hike/ skipping, sun prints, seed bombs, stargazing

T: Tree ID, textiles in nature, trail marking/reading, tie dye, topography - make your own map, tourist - be one in your own community, thumbprint pictures, track viewer

U: Under the sky, umbrellas (design one, play kim's game using them), upstream - learn about the river system and what is upstream from us, unicorns

V: Velocity (build something ie cars, and race them afterwards, use stop watches etc STEM activity), velcro - learn about the inspiration behind this invention - what other things could come from nature?, volcanos, vision - how to protect it, verse - write one about nature, voices - either make yours heard, or learn about the voices in nature, vegetable garden, vision boards

W: Who lives there/here (animal habitats), Weather watching, wide open games, weaving, writing, water balloons, watermelon, wheelbarrow races, wood sculptures, wind socks, wheels, worms, whistle - make your own or learn how, Window Walks

X: Xtra Xtra read all about it, pick a park/place in your neighborhood or city and learn all about it, xeriscaping, xenophobia - learn about it and how to fight against it, xenogamy, xenology, xebec, xu - learn about currencies around the world xylophone - build your own

Y: Yoga outdoors (animal poses for younger ones), yellowfish road, yo yo's, yellow - find all things yellow, yachts, yurt, yarns (stories or fibre), yells - make up your own, yummy (outdoor cooking), yourself (do a vision board about yourself), Yom Kippur - learn about celebrations, yodeling, Yikes! (scary things outside)

Z: Zipline balloon races, zebras - how do their stripes help them, zany - be wild and crazy, zephyr (learn about weather), zig zag obstacle course, zinger - learn some good jokes, zombies, zone - what geographical location are we in, zoos, zydeco music