

List of Activities for Your Activity Jar!

Cut them out!

Go to the charity shop and buy a gift for someone.

Visit the woods and build a tree fort.

Dress up and create a show.

Visit the craft shop and try out a new craft.

Make up a dance and perform it.

Find a recipe and make something you've never tried before.

Write a story, a poem or a short script.

Start learning a new language.

Create a card or board game.

Create a map of a made-up town.

Go to the shops with a budget to spend.

Make a flip book.

Play an interactive game.

Invent something!

Write down your goals and dreams.

Pick a sport to play outside.

Get a temporary tattoo.

Do a quiz.

Do your family tree.

Make a model of a tree.

Make a hand puppet.

Do nature art.

Listen to a podcast.

Try out a science experiment.

**Spin a globe or generate a random country
to learn about.**

Do a puzzle.

Go foraging.

**Watch a documentary about something
you are interested in.**

**Go to the library and pick out a book to
read.**

**Redesign an old t-shirt or piece of
clothing.**

Design your own bookmark.

Go to the zoo or a farm.

Make your own instrument.

Do some baking and decorating.

Create a mood-board.

Visit a musuem.

Learn a life-skill.

Have a tea party.

Go river dipping.

Have a scavenger hunt.

Hunt for treasure in a sandpit.

Make some playdough.

Decorate an old jar.

Ride a bike.

Do exercise or yoga together.

Write a letter to a penpal.