

Keep healthy and happy...  
Enjoy your local paths and green places.

Getting into the outdoors needn't be a big adventure with lots of planning or serious equipment. We want to inspire you with simple, doable, achievable and desirable activities. We've got some suggestions below.

Nature really is on your doorstep, so take some time out to enjoy life's simple pleasures and post how you enjoy the outdoors on [Scottish Natural Heritage Facebook page](#) .

**Things to do & enjoy with friends or family members:**

- Find out the age of a living tree
- Write your name in the sand
- Make the sound of an owl in the woods
- Go rock pooling
- Play Pooh sticks
- Make a daisy chain
- Freewheel down a hill
- Make shadows of animals
- Make snow angels
- Chalk out and play hopscotch
- Play tig
- Skim stones
- Feed the ducks

**Things to collect:**

- Collect conkers, seeds and wild fruit.
- Take a magnifying glass for a close look at flowers and insects
- Make a picture on the beach with shells, pebbles and driftwood

- Encourage children to record their adventures by drawing their favourite simple pleasure; be it an animal, plant, insect or view

### **Take time out and relax:**

- Feel the wind in your hair
- Watch the sunrise
- See sunbeams coming through trees
- Watch the sunset
- Sit on a bench and watch the world go by
- Lie in a field and watch the clouds go by
- Smell wild flowers
- Watch a river flow
- Follow a rainbow
- Star gaze
- Blow a dandelion clock
- Choose to get wet in the rain
- Make home made soup and take it with you in a flask
- Breathe in really fresh air

### **Get active:**

- Go fishing
- Keep a nature diary and update it through the seasons
- Climb a hill and enjoy the view
- Ride a bike through a puddle
- Climb a tree
- Put on your wellies and splash in puddles
- Have a picnic
- Fly a kite
- Do cartwheels and handstands
- Balance on a log

### **Go and explore:**

- Comb a beach for treasure

- Spot fish in a river
- Learn the names of trees
- Look for a lucky four-leaf clover
- Roll down a hill
- Play hide and seek
- Go sledging
- Make a sandcastle