

Actions in Nature

Challenge



Find something to balance on and walk across (e.g. log, fence)

Find a hill to roll down



Find something to throw at a target (e.g. rock to puddle or tree)



Run down a hill with your arms out like you are flying



Find a low branch or bush to crawl under



Find a stick to hit a rock or pine cone with (hockey style)



Stand on a high point and be 'King of the Castle'



Find a rock or stump to jump off



Relax! Lie down and watch the clouds, then close your eyes and listen to the birds



Find a tree to climb



Find a path to skip down



Find something to hop over (hopscotch style) e.g. cracks in the pavement, cobblestones



Pick a flower and give it to someone special to you



Find a natural treasure and draw it



Swing above the ground

