

I.Discover your favourite story/stories 2.Go to the beach 3.Build a giant sandcastle 4.Smash ice with a stick outdoors 5.Find a stick and make it your own 6.Go on a treasure hunt

7.Dress up in adults shoes and wear make up you applied 8.Find a fairy door in your house or garden

9.Do the Hokey Cokey

10.Have a sponsored bounce on a trampoline or bouncy castle

II.Throw autumn leaves in the air

12.Crunch through autumn leaves

13.Grow a seed into a plant - sunflowers are great

14. Walk bare foot in mud/sand or even jelly!

15.Hunt for conkers

16. Take a selfie through a toilet roll tube & pretend you're the moon

17. Post a card to a family friend 18. Make bread from scratch 19. Jump in the waves 20.Fish with a fishing net

21.Stroke a rabbit

22.Hop around like a bunny

23.Dress as your favourite character (wear out to the supermarket)

24.Build an indoor den under a table or tip up the sofa

25.Fill water balloons and throw them

26.Dance in the rain without a coat

27.Catch rain drops on your tongue

28.Paint using only your hands or feet

29.Slide down a grassy hill on a tray

30.Roll down a grassy hill

31.Make mud pies

32.Eat an ice cream cone

33.Learn to roll like a pencil

34.Squirt shaving foam then rub your hands in it!

35.Make large bubbles with hoops

36.Blow bubbles on a windy day

37.Grow caterpillars into butterflies

38.Make a Vitamin C rocket

39. Have a picnic indoors and outdoors 40.Sit upstairs on a double decker bus

41.Go for a ride on a train - a steam train is even better

42.Visit old people & tell them a story or sing them a song

43.Chalk on the pavement

44.Learn to play hopscotch

45.Go rock pooling - catch a crab in a bucket

46.Feed the ducks

47.Learn a poem - the owl &pussy cat was my favourite!

48.Make perfume with flower petals and bottles

@ 49.Eat at a restaurant - not a fast food one!

50.Bake fairy cakes and lick the bowl

51.Have a tea party for your toys

52.Sing out loud and dance as often as possible (especially in public)

53. Take part in a show

54.Learn to swim

55.Hold a sparkler and write your name in the air

56.Run so fast you think you can fly

57.Go to a pantomime

58.Roll boiled eggs down a hill

59.Bottle feed lambs

ooh sticks on a bridge over a river

61. Make a scrap book of your favourite things/people 62.Play Jack in the Box, in a large cardboard box 63. Have a themed birthday party

64.Do one kind act for others each week for a whole year

65.Grow tomatoes and eat them

66.Stay up late to look at the stars with a night time picnic

67. Visit a 'pick your own' farm

68.Play apple bobbing

9.Toast marshmallows on a fire pit outdoors

70. Jump on your bed

71.Ride on carousel horse at the fair

72.Eat ice cream cornet from an ice cream van

73.Bash a piñata

74.Play party games like pass the parcel, musical chairs or musical statues

75.Slide down a garden water slide

76.Slide full body on a muddy field

77.Be a pirate for a day, build a ship, dig for treasure 78.Explore your garden looking for mini beasts

79.Make a sock puppet and do a show

80.Do a coin rubbing with paper and crayons

81. Make a rope swing in a tree with a tyre or large stick as the seat

82.Put on a cape (piece of material) pretend you're a superhero

83.Talk like a pirate for a day (if your voice will last!)

84.Learn to jump a rope - simple skipping

85.Bounce a bouncy ball as hard as you can!

86.Eat jelly and ice cream with a gigantic spoon

87. Have unlimited toppings on your ice cream... Your choice!

88.Ride a two wheel bike

89. Make friends with people who live in a different country

90.Enter a competition to win a prize

91.Join in a Guinness World Record attempt

92.Help wash a car with buckets and sponges

93.Learn ball/wall games to play on your own

94.Pretend to conduct your own orchestra

95. Hike up a mountain and admire the view

96.Use a magnifying glass

97. Visit a museum with dinosaur skeletons and fossils

98.Run in and out of a hose pipe spray

99.Go on an adventure to a zoo or farm 100.Roll around a large field and stop to smell the grass