

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

> 9.Do the Hokey Cokey 10. Have a sponsored bounce on a trampoline or bouncy castle

8. Find a fairy door in your house or garden

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!

**I5.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

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

1.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

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

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

Pooh sticks on a bridge over a river

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 lacksquare

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