21-Day Outdoor Play Challenge

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Get outside every day for three weeks and colour the circle when you finish

Name _____ **Start date** _____

DAY 1 ○	DAY 2 ○	DAY 3 ○	DAY 4 ○	DAY 5 ○	DAY 6 ○	DAY 7 ○
Nature hunt Find something green, something rough and something round.	**Hopscotch** Draw a hopscotch grid and play three rounds.	**Cloud spotting** Lie down and find three cloud shapes.	**Ball skills** Throw and catch a ball 20 times.	**Puddle walk** Go for a walk in your wellies after rain.	**Leaf rubbing** Find two leaves and make crayon rubbings.	**Obstacle course** Build a course with things from the garden or park.
DAY 8 ○	**DAY 9** ○	**DAY 10** ○	**DAY 11** ○	**DAY 12** ○	**DAY 13** ○	**DAY 14** ○
Bird watch Sit quietly for 5 minutes and count the birds.	**Skipping** Skip with a rope or skip along the path.	**Stick building** Build a tiny house from sticks and leaves.	**Chalk art** Draw a big picture outside with chalk.	**Tag game** Play a game of tag with friends or family.	**Bug safari** Look under logs and stones, then put them back.	**Shadow fun** Make shadow shapes and trace one with chalk.
DAY 15 ○	**DAY 16** ○	**DAY 17** ○	**DAY 18** ○	**DAY 19** ○	**DAY 20** ○	**DAY 21** ○
Scavenger walk Find 5 different colours on your walk.	**Tightrope walk** Walk heel to toe along a chalk line or rope on the ground.	**Kite or windmill** Fly a kite or make a paper windmill.	**Picnic** Eat a snack or lunch outside.	**Sound map** Sit still and listen. What can you hear?	**Plant something** Plant a seed or water some plants.	**Favourite game** Choose your favourite game from the challenge.

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How to Use the Challenge: notes for grown-ups

How to Use the Challenge

1. **Print the challenge** and choose a start date together.
2. **Do one activity each day.** Any order is fine, and you can swap days to suit the weather.
3. **Colour the circle** on each card when the activity is done.
4. **Keep going at your own pace.** Missed days can be done later.
5. **Fill in the certificate** at the end and celebrate together.

Suitable for Ages 5–11

Ability and enjoyment matter more than age. Younger children can do shorter versions with a grown-up, while older children can lead games, add extra rounds or invent their own outdoor challenges.

Safety: A grown-up should supervise outdoor play, especially near roads or water. Wash hands after touching soil, plants or bugs, and stop if anything hurts. This is not a fitness test or medical advice.

Notes

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CERTIFICATE OF ACHIEVEMENT

21-Day Outdoor Play Challenge

Presented to:

_____

For getting outside and playing for 21 days. Fresh air, fun and lots of adventures!

Favourite activity _____

Date _____

Signed _____

Well done for keeping going, one day at a time!