

30 Days of Outdoor Play

Join us for our 30 days of outdoor play challenge and get outside with your family this summer! Need some inspiration? Check out our calendar below for a new idea each day! Track your activities with our [planner](#) to help you reach your goal(s) and remember to have fun!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1  Set a goal, track progress & celebrate.	2  Find out what's new at the playground.	3  Cool off!	4  Bounce a ball at the beach.
5  Make chores a family event.	6  Explore a trail, bring the dog along.	7  Outdoor scavenger hunt!	8  Unplug & play.	9  Let the kids choose an active game.	10  Dust off your bike & grab a helmet!	11  How fast can you hula hoop?
12  Chase after your kite!	13  Visit a local fair or festival.	14  Grab your rain gear and jump in puddles!	15  Share your favourite game with the kids.	16  Grab some chalk and play!	17  Skip to my lou.	18  Grab a ball & visit the park!
19  Pick fruit & make a healthy snack.	20  Blow bubbles on a beautiful day.	21  Race your child to the park.	22  Join in the fun with neighbours.	23  In all the fun, don't forget sun safety.	24  Play outside this weekend!	25  Get into gardening.
26  Ready, set, roll!	27  Hide and seek.	28  Take a walk with friends or family.	29  Victory dance!	30  Relax & stretch outside.		



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If you require this information in an accessible format, contact 1-800-841-2729.

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