



What Can Kids Do At the Park?

Children need time to wander, to be outside, to nibble on icicles, watch ants, to build with dirt and sticks in the hollow of the earth, to lie back and contemplate clouds...

Nabhan & Trimble, *The Geography of Childhood*



Isanti County Parks Department
555 18th Avenue SW
Cambridge, MN 55008
(763) 689-8220

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<http://www.co.isanti.mn.us/parksrehome.htm>





Nature is the ultimate playground!

Here are some simple, fun things kids can do in the park.



Hike a trail
 Build a fort
 Ride a bike
 Sit on a log
 Fly a kite
 Climb a tree
 Look at bugs
 Gather acorns
 Play tag
 Go canoeing
 Find a feather
 Race a friend
 Play "I Spy"

Bury a treasure and make a map
 Look for shapes in the clouds
 Look for animal tracks and scat
 Catch snowflakes on your tongue
 Make a naturalist's notebook
 Find maple seed helicopters
 Read a book under a tree
 Find a secret hide-away
 Make a dandelion bouquet
 Find a four-leaf clover
 Go cross-country skiing
 Follow an animal trail
 Make a snowman

Follow ant trails
 Whistle a happy song
 Watch for butterflies
 Look for spider webs
 Sit on the boardwalk
 Catch a grasshopper
 Listen to bird songs
 Find a bird nest
 Play hide and seek
 Play with your dog
 Make snow angels
 Listen to the frogs
 Look under rocks

Balance on a log
 Dig in the sand
 Walk in the rain
 Day dream
 Collect leaves
 Go fishing
 Snap a photo
 Start a bird list
 Cook s'mores
 Smell flowers
 Draw something
 Throw snowballs
 Build a snow fort



Thanks to Green Hearts Institute for Nature in Childhood for some of the ideas listed here.
 Check their website, www.greenheartsync.org, for more ideas.

