

## Outdoor Adventures

*This activity is best suited for young people aged 11 and under.*

### I Spy...

Let's go on an adventure.! With your grown-ups, go on a walk outside your home. It could be around your neighbourhood, your local park, or even somewhere further away. What can you spy when you are walking?

#### Can you find?

- Footprints
- A big tree
- Twigs
- Grass
- Clouds
- A bird
- Mud

- A cat
- A leaf
- Raindrops
- A squirrel
- Litter
- Puddles
- A spiders web

#### Can you hear?

- Traffic
- Dog barking
- People talking
- Buzzing bee
- Airplane
- Birds Singing
- Water
- Wind

### Reflections

How many things did you find/hear on the list?

Did you find/hear anything interesting that is not on the list?

What was the easiest thing to find/hear ?

What was the hardest thing to find/hear?

How does being outside exploring make your body feel?

How does being outside exploring make your mind feel?

You could draw a picture or write a story about your adventure!

We would love to see your Outdoor Adventures. If you would like to share any thoughts or pictures use the #ColiseumCreates on all social media sites.

Please note: You must get your parent/guardian's written permission to send us your responses if you are under the age of 18.