



BIG ON PLAYING OUTSIDE

Playing outside is so much fun! Plus, it's good for your body and mind.



DIY Nature-inspired Noughts & Crosses

You'll need

- 8 Smooth stones or rocks
- Paint and paintbrush
- Paper and pen

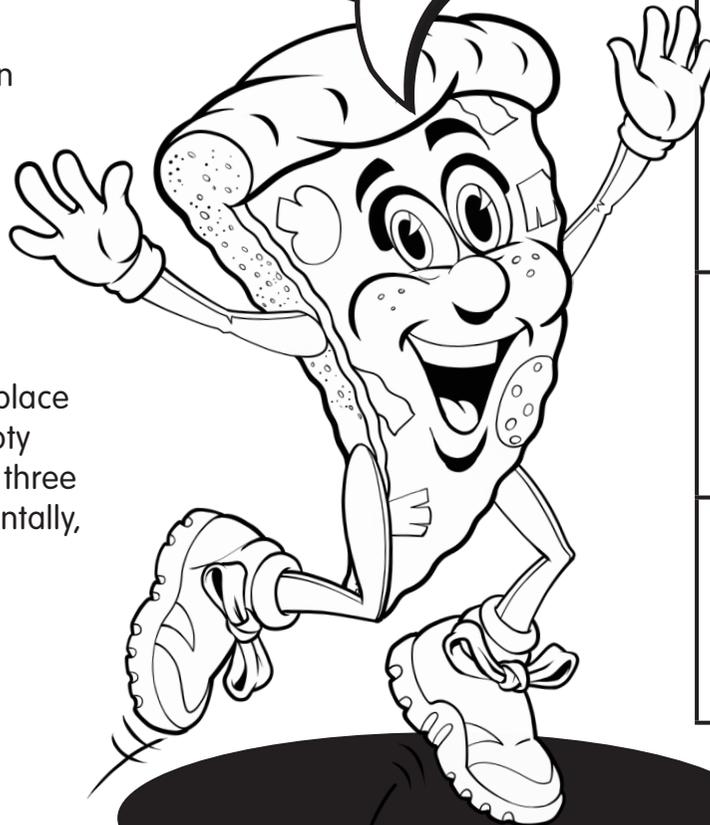
Instructions

1. Draw a grid with 9 spaces on a piece of paper
2. Paint 4 stones with an "X" or a pattern of your choice.
3. Paint the other 4 stones with an "O", or another pattern

How to play

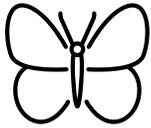
Each player takes it in turns to place their X or O into one of the empty squares in the grid. To win, get three of your symbols in a line horizontally, vertically or diagonally.

Did you know?
 Being exposed to sunlight increases your Vitamin D levels, which strengthens bones and helps your body fight viruses like flu and the COVID-19 Coronavirus.
 (Don't forget to apply sunscreen after your first 10 minutes in the sun.)



Outdoor Bingo

Have fun outside and see how many of these outdoor items you can find!

 Bird	 Feather	 Grass	 Stones
 Moss	 Butterfly	 Yellow Flower	 Bird Nest
 Spider web	 Tree stump	 Snail	 Sticks
 Ants	 Tree bark	 Crunchy leaves	 Blue flower

