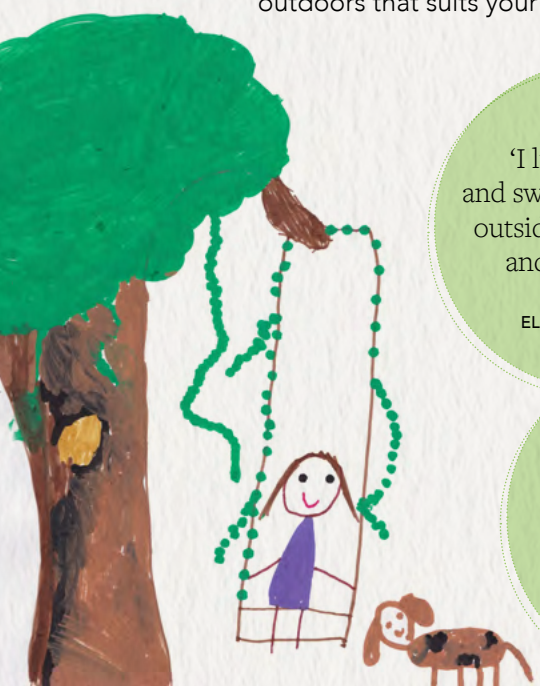




15 ways to get active outdoors before you turn 14

Being active outdoors doesn't always mean playing sport. Activities such as climbing and hanging in trees, bushwalking, and building cubbies can improve balance, strength, endurance, coordination, and resilience – all important for getting your body fit and healthy. Try these suggestions for getting your mind and body ready to take on the world!

- 1 Climb or hang from a tree:** strengthen your upper body and improve your balance by climbing or hanging from a tree
- 2 Build a cubby:** practice working in a team and sharing ideas with friends building a cubby or something else outdoors that suits your ability
- 3 Go for a bushwalk:** work on your perseverance and endurance by going on a bushwalk that challenges you
- 4 Explore a creek:** test your balance and coordination at your local creek by exploring banks, bridges and logs or stick to the trails and find a place listen to the sounds of a creek
- 5 Try geocaching:** combine technology with walking and exploring by geocaching with a friend
- 6 Skim rocks:** improve your balance and coordination at the beach or a lake by skimming rocks or seeing how far you can throw
- 7 Explore the coast:** improve your balance and agility by exploring rock pools or stick to the jetty and see what you or a friend can spot in the water



'I like climbing and swinging on things outside, it challenges and relaxes me'

ELLE 9 YEARS OLD

'I like the way the breeze feels on my skin when I am looking at a waterfall'

BAILEY 10 YEARS OLD



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- 8 **Plant fruit trees or veggies:** work on your upper body strength by preparing your garden or a pot for planting veggies or fruit trees
- 9 **Go camping:** get your whole body moving in the wild by going camping or having a backyard camp out
- 10 **Go snorkeling:** activate different muscles by learning to snorkel or try other water activities that suit your ability
- 11 **Hike to a waterfall:** improve your overall fitness by hiking to a waterfall or along an accessible path with a view
- 12 **Pick up litter:** get your step count up and head to your local beach, creek, or park and pick up litter with a friend
- 13 **Kayak, paddle board or body surf:** improve your core strength by kayaking, stand up paddle boarding, body surfing, or a water activity that challenges you
- 14 **Volunteer in nature:** use your hands in different ways by joining volunteers to plant trees, do some weeding or help a friend out in their garden
- 15 **Try yoga or pilates:** improve your flexibility, balance, and overall health by doing yoga, pilates, or stretching outside



Illustrations by Alberton Primary School and Upper Sturt Primary School

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