



# Nature Days



## Teen Summer Bucket List

Print out this page and see how many activities you can complete outdoors over the summer holidays

NATURE EXPLORE	NATURE CREATE	NATURE PLAY	NATURE GARDEN	NATURE HELPERS
Have a beach day & swim in the sea (APP)	Create Nature Art, make jewellery or draw outdoors	Garden Obstacle Course	Find 10 new plants with PlantNet App	Local rubbish pick or beach clean up
Go for a hike or climb a small mountain	Revamp & declutter bedroom	Build a Den or Fort	Set up a Bug Zone	Build a Bug Hotel
Explore a Nature Reserve, or a Forest, and climb a tree	Host an upcycle fashion show or have a swap night	Try Garden Camping-even for an afternoon!	Make a Kids Gardening Zone	Plant flowers in your garden or patio pots for bees
Try geocaching with your friends	Try Nature Photography	Chalk Time - Get arty or make path obstacle courses	Sensory Scavenger Hunt	Learn to Recycle & WEEcycle
Visit an Open Farm or attend a Festival	Make a Bird House	Bubble Fest-make giant bubbles	Eat Breakfast Outdoors	Have a No Binned Food Day
Splash at a Water Park, visit a Theme Park, join a teen camp	Start a Family Nature Journal	Find the best climbing tree in your area	Go Nothing after Dark	Hold a Leftovers Cook-off Night
Test yourself at an Adventure Centre – do something scary	Create Nature Bracelets or Nature Crowns	Scavenger Hunt	Night-time Scavenger Hunt	Try a No Car Day
Bike to a new area	Concoct Slime or a Home Made Rocket	Blindfold Challenge	Ice Cream Party	Plant a Tree
Cycle a Greenway	Freeze Home Made Popsicles	I-Spy	Dance in the Rain	Start an Upcycle Project
Explore a random town in your county	Start a Fairy Garden	Family Outdoor Games Night	Bury A Time Capsule	FREEcycle or donate unused clothes & toys

Check out [Naturedays](#) | [Activity Finder](#) or [Search](#) in Nature Days.ie for more details on lots of these activities

