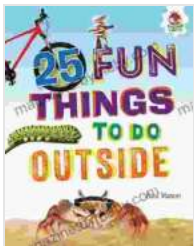


# Escape the Digital World: 25 Fun Outdoor Activities and 100 Boredom Busters

In an increasingly digitalized world, it's easy to get lost in the endless stream of notifications and social media posts. While technology offers countless benefits, it's also important to unplug and reconnect with the real world around us. Spending time outdoors has been proven to improve mental and physical health, reduce stress, and boost creativity.



## 25 Fun Things to Do Outside (100 Fun Things to Do to Unplug) by Josie Brown

★★★★☆ 4.7 out of 5

Language : English

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Screen Reader : Supported

Print length : 32 pages



## 25 Fun Outdoor Activities

1. Go for a hike in a local park or nature reserve.
2. Have a picnic in a scenic spot.
3. Go for a bike ride through the countryside.
4. Play a game of frisbee or catch with friends.
5. Visit a botanical garden or arboretum.
6. Go stargazing in a remote area.

7. Spend an afternoon birdwatching.
8. Go fishing in a nearby lake or river.
9. Take a boat trip on a local waterway.
10. Go camping in a tent or RV.
11. Build a bonfire and roast marshmallows.
12. Go for a swim in a lake, river, or ocean.
13. Play a game of volleyball or soccer on the beach.
14. Go for a walk in the rain.
15. Visit a farmers market and buy fresh produce.
16. Attend a local festival or fair.
17. Volunteer in a community garden or park cleanup.
18. Take a photography walk and capture the beauty of nature.
19. Go for a run or jog in a park or along a trail.
20. Play a game of hide-and-seek in the woods.
21. Build a treehouse or fort in your backyard.
22. Go on a scavenger hunt in a park or nature reserve.
23. Have a bonfire and tell stories.
24. Stargaze and identify constellations.

## **100 Boredom Busters**

1. Read a book.

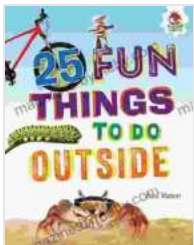
2. Write a letter or journal entry.
3. Draw or paint.
4. Play an instrument.
5. Sing or dance.
6. Learn a new language.
7. Take a cooking or baking class.
8. Try a new hobby, such as knitting, crocheting, or woodworking.
9. Build something, such as a model airplane or a birdhouse.
10. Play a board game or card game.
11. Solve a puzzle, such as a crossword puzzle or a Sudoku.
12. Write a poem or short story.
13. Create a collage or scrapbook.
14. Make a friendship bracelet or necklace.
15. Bake cookies or a cake.
16. Play with a pet.
17. Call or video chat with a friend or family member.
18. Take a nap.
19. Meditate or do yoga.
20. Take a bubble bath.
21. Listen to music.

22. Watch a movie or TV show.
23. Play a video game.
24. Go for a walk or run.
25. Do some gardening.
26. Clean or organize your room.
27. Do some research on a topic that interests you.
28. Learn a new skill, such as how to play a musical instrument or how to code.
29. Volunteer your time to a local charity or organization.
30. Get involved in a community group or club.
31. Join a book club or discussion group.
32. Make a list of your goals and dreams.
33. Create a vision board.
34. Write a gratitude list.
35. Write a letter to your future self.
36. Make a time capsule.
37. Create a bucket list.
38. Plan a vacation or trip.
39. Learn a new dance.
40. Join a choir or singing group.
41. Take a dance or yoga class.

42. Go to a concert or live performance.
43. Visit a museum or art gallery.
44. Go to a library and explore the shelves.
45. Attend a lecture or workshop.
46. Visit a historical site or landmark.
47. Go on a guided tour of a local attraction.
48. Visit a zoo or aquarium.
49. Go to a sporting event.
50. Go to a movie or play.
51. Go to a comedy club.
52. Go to a karaoke bar.
53. Go to a bowling alley.
54. Go to an arcade.
55. Go to a laser tag arena.
56. Go to a trampoline park.
57. Go to a water park.
58. Go to an amusement park.
59. Go to a casino.
60. Go to a horse track.
61. Go to a car race.

62. Go to a boat race.
63. Go to a plane show.
64. Go to a hot air balloon festival.
65. Go to a fireworks show.
66. Go to a rodeo.
67. Go to a powwow.
68. Go to a cultural festival.

These are just a few ideas to get you started. The possibilities for outdoor activities and boredom busters are endless. So get out there and explore the world around you. You never know what you might discover.



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