

# 31 Fun Activities to complete through Summer– Adult Version (As you take part in the following activities, read your bible, meditate, pray or listen to some Christian music.

## Growing Through Summer

Balance  
Rocks

Make a Nature  
Picture

Make a Bird  
Feeder

Go on a Litter  
Pick

Go for a walk  
in the woods



Pick some  
Fruit

Take photos  
in your  
favourite  
place

Watch a sun-  
rise or sunset

Watch  
the stars

Sit outside

Go on a  
Prayer walk  
around  
your neigh-  
bourhood

Look at  
the  
Clouds

Make a cross  
out of twigs  
and grass

Go Berry  
Picking

Go for a  
paddle



Press some  
flowers

Sew some  
seeds

Eat a meal  
outside

Exercise  
outside

Build an  
animal  
home

Colour in an  
intricate  
mindfulness  
picture

Throw  
some  
rocks into  
water

Paint a  
picture of  
nature

Walk in  
the grass  
bare foot

Toast Marsh-  
mallows

Dance like  
no-one is  
watching



Blow  
bubbles

Try some-  
thing new

Read some poetry

Go  
camping

Collect shells

