



**Colour a
flower each
time you participate in
an hour of recreation
& parks!**

Name: _____

Phone: _____

Total Hours: _____



75 Ideas for 75 Hours of Recreation & Parks



SOUTH DUNDAS

The following activities are suggestions for how you can celebrate 75 hours of activities throughout June is Recreation and Parks Month!

1. Walking in a local park
2. Going for a hike on a trail
3. Biking around your community
4. Playing at a playground
5. Hatha or Chair yoga session
6. Meditation in a park
7. Birdwatching
8. Reading outside
9. Photography walk in nature
10. Having a picnic
11. Walking the dog
12. Gardening at home/community garden
13. Jogging outside
14. Swimming at the beach
15. Playing at the splash park
16. Playing pickup road hockey
17. Throwing a baseball
18. Shooting basketball hoops
19. Playing soccer casually
20. Playing tennis
21. Playing Pickelball
22. Playing badminton outdoors
23. Throwing a frisbee
24. Paddleboarding
25. Canoeing or kayaking
26. Fishing
27. Nature scavenger hunt
28. Park cleanup volunteering
29. Attending a local
30. Visiting a farmers market
31. Stair workouts outdoor
32. Cooking class
33. Stretching outdoors
34. Blended Tai chi & Qigong
35. Dancing outdoors
36. Stroller walk with family
37. Sensory nature walk
38. Watching a sunset

39. Watching a sunrise
40. Stargazing at night
41. Cloud watching
42. Sketching outdoors
43. Painting outdoors
44. Journaling in a park
45. Practicing music outdoors
46. Attending a community event
47. Watching a local sports game
48. Volunteering at an event
49. Exploring a new park
50. Walking on a lunch break
51. Reflecting on a park bench
52. Lawn Bowling
53. Geocaching adventure
54. Watch the ships
55. Public art walk
56. Heritage site visit
57. Beach or shoreline walk
58. Gratitude walk with journaling
59. Water balloon fight
60. Biking as transportation
61. Walking as transportation
62. Drink your morning coffee/tea outside
63. Baseball game with friends
64. Casual beach volleyball game
65. Create a dream catcher in the park
66. Digital detox in nature
67. Hammock relaxation
68. Sun bathing
69. Fly a kite
70. Golfing
71. Backyard BBQ with friends and family
72. Skip rocks across the water
73. Draw chalk art on the sidewalk
74. Listen to a podcast while laying outside
75. Play capture the flag

Submit your recorded 75 hours by June 30 at 12pm to be entered into the draw!