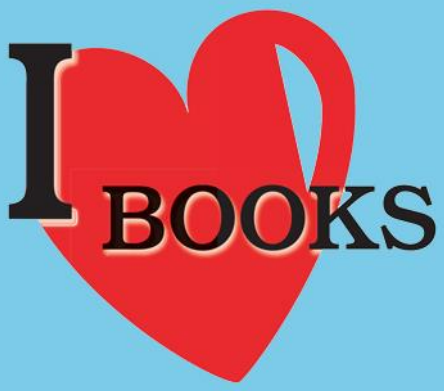

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Opening extract from

The Anti-Boredom Book of Brilliant Outdoor Things to Do

Written by

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To the children and staff of Churchfield Primary School

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All activities away from the garden should be supervised by an adult and appropriate precautions should be taken to make sure that everyone stays safe. Particular care should be taken near water. In summer it's advisable for children to wear a hat and use sun cream.

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INTRODUCTION

The outdoors is a BIG place and there are endless adventures and fun activities waiting for you outside. This book gives you all sorts of ideas for fun things you can do in the garden, at the beach, in the countryside, and in town. There are summer activities, winter ideas, things you can make outdoors, instructions to build wacky dens and loads of brilliant games to play. The book also has 37 special outdoor challenges at the end, which are bigger and tougher family activities for you to try. So, turn off the TV, put on your shoes, open the door and prepare to have an amazing time!



STAY SAFE!

There's a huge amount of fun to be had outdoors, but you do need to remember these important things:

- Make sure there's an adult with you when you're out and about
- Take extra care near water
- Watch and listen for traffic when you're near roads
- Avoid too much sun: use sun cream and wear a hat


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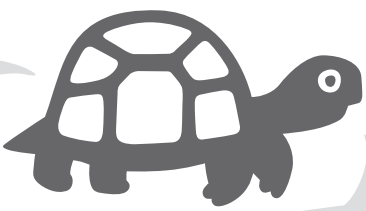
GARDEN FUN

Gardens can be boring – but not now you have this book! In this section you'll find LOADS of fun things to do in a garden. Most of them use everyday things, some of them are easy, some of them take a bit longer but all of them will be brilliant to try. Just remember not to destroy the garden in the process!

Love, hate or meh?

What's your verdict on these things found in gardens? Give them a score out of ten.



Fire pit

BBQ

Swing

Pond

Giant chess

Gnomes

Slide

Stream

Summer house

Orchard

Basketball stand

Make a den

Garden dens are loads of fun. You can eat in them, play games in them, read in them, shelter from the sun if it's hot, or just mess about with your friends. Here are three different garden dens you can have a go at building.

Stuff you need

- 4-8 long garden canes (over 2m)
- Some strong string or garden wire (the thin, plastic-covered kind is easy to use)
- An old blanket
- 3 or 4 large sheets (ask before you use these and the blanket)
- Some clothes pegs

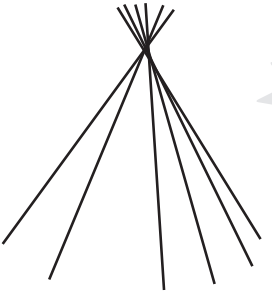
1. Tipi den

Get started

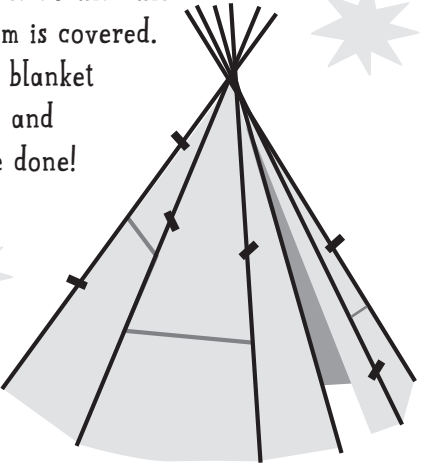
1 Tie the canes together with the string or wire about 20cm from one end, wrapping the string around them several times.



2 Stand the canes up and spread them out to make a classic wigwam or tipi shape.



3 Peg the sheets to the canes so that the wigwam is covered. Add a blanket inside and you're done!



2. String and sheet den

Get started

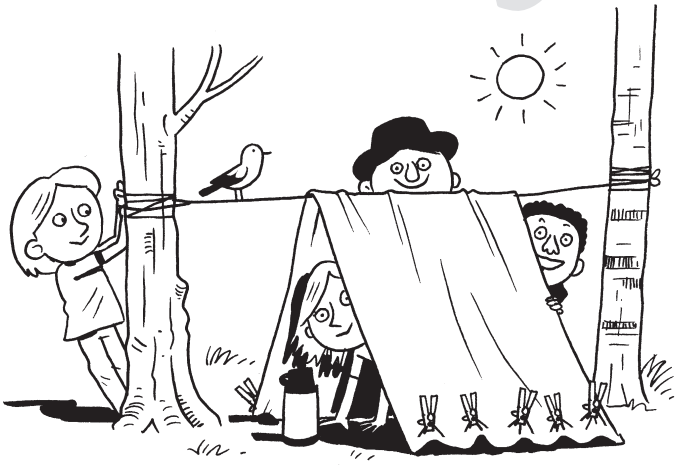
Stuff you need

- Some strong string
- An old blanket
- 3 or 4 large sheets
- Some clothes pegs
- Tent pegs (or heavy items such as stones or pieces of wood)

1 Tie the string between two trees about 1.5 metres up. Wrap the string around the tree trunks several times so that it doesn't slip down.

2 Drape the long edge of one sheet to the string and peg it well.

3 Push a line of tent pegs into the ground about 1m to the side of the string and peg the other edge of the sheet to these. You can also put heavy items like stones on the sheet to hold it down.



4 Repeat this on the other side with another sheet.

5 Peg a third sheet to cover one end, add a blanket inside and you have a great den!

3. Fence and chair den

Stuff you need

- 3 or 4 sturdy chairs
- Some large books or other heavy items
- An old blanket
- 3 or 4 large sheets
- Some clothes pegs

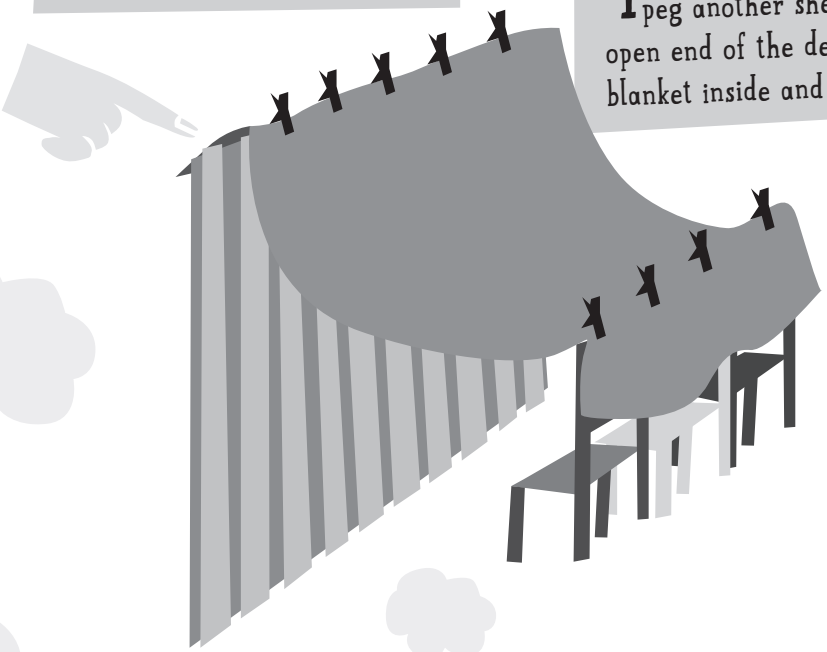
Get started

1 Drape one edge of a big sheet over a fence and use pegs to fix it to the fence.

2 Drape the other end of the sheet over the chairs.

3 Put the heavy books on the chairs to stop them tipping.

4 Peg the sheet to the chairs, peg another sheet to one open end of the den, add a blanket inside and it's ready.



Create a bird hide

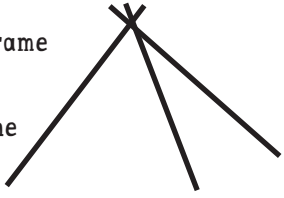
Birds are beautiful and amazing creatures, and one of the best ways to get close to them in the garden is to build a simple bird hide. You can hide in this and spy on the birds visiting a bird table or food put out for them on the ground.

Stuff you need

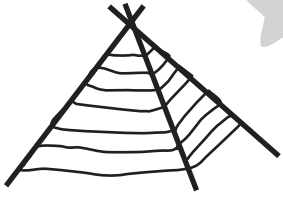
- 3 long sticks (over 1.5m long)
- String
- Lots of small cuttings or branches from trees or bushes (ask a parent for the best place to get these and the sticks)
- A stool

Get started

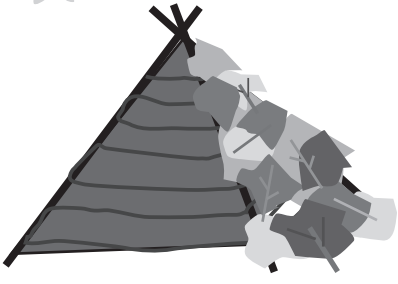
1 Make a simple frame from the sticks, tying them with the string like this:



2 Wrap string around the sticks leaving one side open:



3 Hang the cuttings and leafy branches over the string so the hide is hidden and well camouflaged.



4 Hide inside very quietly on your stool and make a note of the birds you see.

Set up a bug trap

Stuff you need

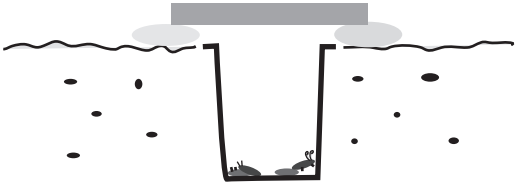
- A large plastic tub with steep sides, e.g. ice-cream container
- A trowel
- 4 small stones
- A flat piece of wood or tile

Gardens are full of creepy-crawlies, minibeasts, strange insects and bugs – and here is a good way to catch some so you can study them. It will help to have a guide book of some sort so you can identify what you have caught.

Get started

1 Find a corner of the garden which is shady and flat.

2 Dig a hole just a bit larger than the plastic container.



3 Put the container in the hole then fill in the soil around it so there are no gaps – the edge must be level with the soil.

4 Put the stones around it and lay the wood or tile on them to shade the container.

5 To attract more bugs place some bits of fruit such as banana in the trap.

6 Handle your minibeasts with care and remember to return them to the wild when you have finished looking at them.

Treasure hunt

Treasure hunts are loads of fun and there are lots of ways to do them. Here's a simple one to try with a group. You could ask an adult to do the clues or do them yourself for friends or family to find. It's easy in a big garden but if you don't have much space you just need to be creative! You can put some clues indoors as well.

Stuff you need

- Some treasure (edible treasure is good such as a bag of sweets – make sure it's waterproof)
- Two pieces of plain or lined paper
- Scissors
- A pen

Get started

1 On a piece of paper write the heading 'Answers' and put the numbers 1-6 down the left hand side.

2 Go around the garden spotting good places to hide clues and, most important of all, somewhere to hide the treasure.

3 Hide the treasure first – it should be under an object or inside something or behind something. Write down where you have hidden it next to number 6 on the paper.

4 Write down five other places where you are going to hide clues. Again they should be near, in or under something that you can write down. Put these five on the list.

5 To make the clues cut another piece of paper in half then cut each half into three so you have six clues. Number these 1 to 6.

6 Write clue 1: this will lead to hiding place number 1. If hiding place 1 is, for example, behind the shed, the clue might say, "Look by a place which rhymes with bed" or "Rearrange HEDS to find this place". Do not hide clue 1 – this will be given to the searchers. The thing hidden in place 1 will be clue 2!

7 Do this for the other clues: each clue leads to the next clue and clue 6 leads to the treasure. Here are some other examples of hiding places and clues:

- **Greenhouse ("hot home of tomatoes" or "You'll find this under glass")**
- Bird table ("Where sparrows feast" or "this table has no chairs but who cares?")
- **Hanging basket ("swinging home of the highest flowers" or "No shopping in this basket")**
- Garden bench ("somewhere for a rest?" or "rearrange teas" [seat])
- **Compost heap ("burial place of dead grass" or "hot pongy pile").**

8 When it's all ready hand over clue 1 to the searchers and watch them scurry about!