

# SUMMER ADVENTURES

Company  
& Seniors



We've put together a list of 20 activities for you to have a go at over the summer.

We want to encourage you to spend time outdoors over the summer trying out some great activities. You can have a go at the activities in your garden, in parks and open spaces near you or perhaps further afield at the seaside as part of a day out or holiday.

See how many activities you can tick off whilst spending time with family and friends – and remember have lots of fun on your adventures!

## IMPORTANT NOTICE For Parents/Carers

- Activity **MUST** be supervised by a parent/carer **AT ALL** times.
- A parent/carer **MUST** assess risk before allowing their child to participate.
- Parents/carers **MUST** be aware of and follow up-to-date Government rules and guidance on social distancing.



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|---|---|---|--|--|--|---|
| <input type="checkbox"/> <b>1</b><br>Go on a 10k<br>Cycle Ride      | <input type="checkbox"/> <b>2</b><br>Camp Outdoors  | <input type="checkbox"/> <b>3</b><br>Climb a Hill/<br>Mountain/Munro    | <input type="checkbox"/> <b>4</b><br>Go Fishing or<br>Catch a Crab           | <input type="checkbox"/> <b>5</b><br>Go Paddling/<br>Swimming in Sea/<br>River/Lake/Stream | <input type="checkbox"/> <b>6</b><br>Fun with Water<br>(i.e. Water Fight)              | <input type="checkbox"/> <b>7</b><br>Have a Picnic<br>Outdoors  |
| <input type="checkbox"/> <b>8</b><br>Play a Sport/<br>Game Outdoors | <input type="checkbox"/> <b>9</b><br>Enjoy a BBQ or<br>Cook Outdoors                                  | <input type="checkbox"/> <b>10</b><br>Go Geo-caching                    | <input type="checkbox"/> <b>11</b><br>Visit a Country<br>Park                | <input type="checkbox"/> <b>12</b><br>Do some<br>Stargazing                                | <input type="checkbox"/> <b>13</b><br>Try skimming<br>Stones on Water                  |   |
| <input type="checkbox"/> <b>14</b><br>Go on a 5k<br>Hike/Walk       | <input type="checkbox"/> <b>15</b><br>See if you can spot<br>the International<br>Space Station (ISS) | <input type="checkbox"/> <b>16</b><br>Plan a Day Out<br>for your Family | <input type="checkbox"/> <b>17</b><br>Play a round of<br>Crazy Golf /Putting | <input type="checkbox"/> <b>18</b><br>Watch/Capture<br>a Sunset                            | <input type="checkbox"/> <b>19</b><br>Try a Sport/Game<br>you haven't<br>played before | <input type="checkbox"/> <b>20</b><br>Visit a Historical<br>place of interest<br>(i.e. Royal Place,<br>Stately Home, Castle). |

As you take on these on as part of your **Summer Adventures** we would encourage you to share photos/videos with your BB group and share on social media using **#BBatHOME**.

If you are looking for more activities to have a go at over the summer go to [boys-brigade.org.uk/bbathome/](https://boys-brigade.org.uk/bbathome/) where you will find 100's of activities!

[BOYS-BRIGADE.ORG.UK/BBATHOME](https://BOYS-BRIGADE.ORG.UK/BBATHOME)

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