

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.



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



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