

DINOS SUMMER BUCKET LIST

30 Things to Try This Summer
(that secretly make you an awesome swimmer)

- ☐ Do a cartwheel
- ☐ Build an obstacle course
- ☐ Do as many pogo jumps as you can without stopping
- ☐ Swing on the monkey bars
- ☐ Play catch while balancing on 1 foot
- ☐ Walk backwards for 100 steps
- ☐ Skip for 2 minutes without stopping
- ☐ Learn to juggle 3 objects
- ☐ Throw and catch a ball 50 times without dropping it
- ☐ Play tag with friends
- ☐ Create your own game and teach it to someone else
- ☐ Visit a playground and try every piece of equipment
- ☐ Complete a scavenger hunt you designed yourself
- ☐ Do a handstand (against a wall counts!)
- ☐ Run through a sprinkler
- ☐ Hop on one foot across a field
- ☐ Learn a trick with your skipping rope
- ☐ Race a parent, sibling or friend
- ☐ Throw a frisbee with a friend
- ☐ Spend 1 device-free hour outside (every day for 1 week)
- ☐ Play a sport you've never tried before
- ☐ Go on a hike
- ☐ Walk or run barefoot on grass
- ☐ Walk on a log or balance beam
- ☐ Ride your bike for 10 km or more
- ☐ Make up a dance and perform it
- ☐ Try something that scares you a little
- ☐ Spend an entire day getting active with friends
- ☐ Build a fort
- ☐ Paddle a canoe, kayak, or paddleboard

