

Active Advent Calendar

Celebrate the joy of moving every day



<p>1</p> <p>Visit a different playground in your local area - go to playgroundfinder.com</p>	<p>2</p> <p>Play in the Summer rain and splash in puddles</p>	<p>3</p> <p>Go walking in a pine forest and collect pine cones to decorate</p>	<p>4</p> <p>Pick daisies and make a daisy chain for someone special</p>	<p>5</p> <p>Build a tent in your backyard or home with an old sheet</p>
<p>6</p> <p>Dig a hole in your backyard and see what creatures live in the soil</p>	<p>7</p> <p>Go on a Sensory Walk - what can you see, hear, smell, feel and taste!</p>	<p>8</p> <p>Go on a Scavenger Hunt in your local suburb or park</p>	<p>9</p> <p>Walk or ride your local suburb in the evening and see if any houses are decorated</p>	<p>10</p> <p>Plant an edible garden - visit www.cogs.asn.au for a Summer planting guide</p>
<p>11</p> <p>Play Outdoors at the ACT Playgroups Christmas Party at Black Mountain Peninsula</p>	<p>12</p> <p>Walk or Ride to Playgroup (even if it's just some of the way!)</p>	<p>13</p> <p>Enjoy Carols by Candlelight with your family and friends</p>	<p>14</p> <p>Invite your neighbours to join you for a game of street cricket</p>	<p>15</p> <p>Visit the lake and feed the ducks and swans some greens</p>
<p>16</p> <p>Go swimming in an outdoor pool</p>	<p>17</p> <p>Grab a box from the fruit and vegetable market and make a box sleigh</p>	<p>18</p> <p>Build a homemade Slip n Slide in your backyard</p>	<p>19</p> <p>Create an obstacle course at home and invite your friends over for the challenge</p>	<p>20</p> <p>Cool off on the Rainforest Walk at the Australian National Botanic Gardens</p>
<p>21</p> <p>Have a picnic dinner outside to celebrate Summer Solstice (the longest day of the year)</p>	<p>22</p> <p>Learn an active song to share with family and friends</p>	<p>23</p> <p>Visit The Cotter with friends for a picnic and splash</p>	<p>24</p> <p>Make sock horses out of the left over wrapping paper tubes and ride them</p>	<p>25</p> <p>Start Christmas Day with an active family game</p>

