

# Get Outside & Get Happy!

MENTAL HEALTH AWARENESS MONTH

HEALTHY LEARNERS  
A Ministry of the Sisters of Charity Health System

## Summer Outdoor Activities At Home & Across South Carolina

### Backyard Fun:

- Have an outdoor picnic
- Swap toys
- Create scavenger Hunt
- Play capture the flag
- Climb a tree
- Play kick the can
- Make mudpies
- Play hopscotch
- Create pictures with sidewalk chalk
- Decorate rocks
- Catch lightning bugs
- Make a bird feeder

### Enjoy Your Nearby Park:

- [southcarolinaparks.com](http://southcarolinaparks.com)
- Download the Playground Buddy app and find a playground near you.

### Go For A Hike:

- [kidsinparks.com](http://kidsinparks.com)

### Go Fishing:

- <https://www.dnr.sc.gov/fishing.html>

### At-Home Water Activities:

- Create a water table, add water for bubbles
- Play water bottle freeze tag
- Play in the sprinkler
- Make a homemade slip-and-slide
- Play in the rain

### Summer Camps:

- [find.acacamps.org](http://find.acacamps.org)
- [ymca.org](http://ymca.org) and click on find your YMCA

### Go To

- <https://www.parents.com/fun/activities/outdoor/gr-eat-outdoor-games/> for more ideas on summer activities for kids.

