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- 01. Take a picnic lunch to the park
- 02. Play a game of catch
- 03. Walk a dog
- 04. Take up birdwatching
- 05. Run in a 5K race
- 06. Go for a swim
- 07. Visit a neighborhood park
- 08. Take a stroll around the block
- 09. Go hiking
- 10. Pick a bouquet of wildflowers
- 11. Go berry picking
- 12. Play Putt-Putt golf
- 13. Go for a long-distance run
- 14. Weed the flowerbeds
- 15. Fly a kite
- 16. Go fishing
- 17. Visit the botanical gardens
- 18. Climb a tree
- Go star gazing
- 20. Attend a drive-in movie
- 21. Play ultimate Frisbee
- 22. Go to the lake
- 23. Hunt butterflies
- 24. Plant a vegetable garden
- 25. Play at the playground
- 26. Go for a bike ride
- 27. Trim hedges
- 28. Play foursquare
- 29. Go to the lake

- 30. Sweep the porch and walkways
- 31. Play kickball
- 32. Go paddleboarding
- 33. Visit a peach orchard
- 34. Head to the beach
- 35. Build sandcastles
- 36. Have a cherry pit spitting contest
- 37. Eat watermelon under the trees
- 38. Go to a waterpark
- 39. Set off some fireworks
- 40. Attend an outdoor symphony
- 41. Shop the farmers market
- 42. Have a shaving cream fight
- 43. Rent a boat and go water skiing
- 44. Play freeze tag
- 45. Draw pictures with sidewalk chalk
- 46. Attend a music festival
- 47. Shop at an outdoor craft bazaar
- 48. Go to a baseball game

