



ACTIVITIES IDEAS FOR ACTIVE MINDS

ADHD & ASD



ACTIVITY IDEAS

- Find a nearby park and have a BBQ or group picnic
- Build a sandcastle at the beach
- Go for a hike in nature
- Visit the museum
- Organise a group bike ride
- Plant a vegetable garden (or pots)
- Take a day trip to a nearby city or town.
- Have a water balloon fight (in summer)
- Go fishing at a nearby lake or pond.
- Go on a nature scavenger hunt.
- Have a DIY arts and crafts
- Go on a camping trip
- Go on a boat ride or canoe trip.
- Visit a local botanical garden.
- Have a family talent show among the group
- Visit a local library
- Set up a DIY science experiment station.



ACTIVITY IDEAS

- Visit some local horses in your area
- Have a DIY tie-dye session with old clothes or pillowcases.
- Set up a DIY obstacle course
- Have karaoke sing off of favourite tunes.
- Visit a local farmer's market and learn about fresh produce.
- Go roller skating or ice skating at a local rink.
- Have a DIY pot painting session.
- Visit a local fire station or police station for a tour.
- Visit a local wildlife sanctuary or nature reserve.
- Go on a photography adventure and do an exhibition
- Set up a DIY outdoor art studio and paint nature scenes.
- Have a DIY fashion show with homemade outfits
- Visit a nearby beach or lake and go swimming.
- Go on a treasure hunt with a map and clues.
- Visit a local planetarium or observatory.
- Go fruit picking at a nearby orchard.
- Go bird-watching and learn about different species.



ACTIVITY IDEAS

- Have a group soccer or basketball comp at a local court.
- Visit a nearby waterfalls (morialta falls).
- Fly a kite in an open field.
- Set up a DIY backyard mini-Olympics with different sports
- Have a DIY puppet show with homemade puppets and a story.
- Go on a geocaching adventure
- Set up a DIY photo booth with props and costumes for tiktok
- Have a DIY jewellery-making session out of things you find
- Play simon says
- Group UNO game
- Have a DIY indoor treasure hunt.
- Have a family game of charades or Pictionary.
- Rock, Paper, Scissor championships!
- Paper plane making championships
- Host a teddy bear's picnic.
- Find your nearest tram or train ride
- Have a DIY paper mache or papier-mache crafting session.



ACTIVITY IDEAS

- Set up a DIY outdoor yoga or meditation session.
- Have a DIY button or keychain-making session with designs and patterns.
- Visit a local sports stadium or arena for a guided tour.
- Go to the beach and collect shells for shell art session later
- Have a DIY temporary tattoo session.
- Check out St Kilda playground (if you are near)
- Play group tug of war
- Make friendship bracelets or daisy chains from nature
- Go on a hike and collect interesting rocks or items that look like a subject everyone agrees on
- Visit a nearby aviation museum
- Have a game of duck, duck, goose
- Outdoor games with nature items like bocce with pine cones!
- Create a shadow puppet show
- Have a group game of chasey
- Have a stone skimming competition