

Outdoor Leisure Interest Checklist

Please see this list as a source of inspiration to help increase engagement in outdoor leisure activities, whether these are new to you or old favourites, whilst always ensuring that you are following your government's guidelines to help ensure your safety and other people's in the context of the covid-19 pandemic.

[How nature benefits mental health](#)

Astronomy
Audio books while you walk
Bicycling
Bird spotting/watching
Call to family or friends (online, telephone) while you walk
Citizen science project while you walk or run e.g. treezilla.org/about
Dog training or walking
Drawing in the sand or soil
Feed ducks or wild birds [seasonal bird feeding guide](#) [coconut bird feeder](#)

[Growing wild Flowers](#)

Gardening
Geocaching
Going to parks
Having discussions while you walk
[Growing herbs in containers](#)
Hula hooping
Jogging
Learning a foreign language or listening to music while you walk
Meditating/Mindfulness meditation while you walk
Model boats/cars
Nordic Walking
Photography/making films while you walk/run
Podcasts while you walk/run
Post a card or letter to cheer someone up
Practicing karate/a martial art
Practicing yoga
Roller skating/rollerblading
Skateboarding
Skipping
Tai chi
TedX Talks while you walk
Tree/plant recognition – app e.g. Picture This picturethisai.com/
Volunteering
Walking
Working out

Can't go outside?

There are still benefits to connecting with nature and the outdoors. Here are a few ideas to get you started:

[Soundscapes for wellbeing](#)

Use binoculars to spot birds from your window
Open your windows to let some fresh air in
Get up early to watch the sun rise or watch it set
Read a book about an expedition/travel
Watch Spring Watch/a nature documentary
Grow cress, herbs, or salad leaves on your windowsill