



## Ideas to Help!

### Sport:

- Adventure sports – surfing, kayaking, rock-climbing, etc.
- Aerobics
- Archery
- Badminton
- Basketball
- Cricket
- Football
- Golf
- Netball
- Swimming
- Tennis

### Indoor Activities

- Baking & cooking
- Board-games
- Computer games
- Crafts – origami, paper-crafts, clay work
- Creating a collection – stamps, stickers, historical information, special interest topic information & memorabilia
- Dancing – ballet, jazz, hip-hop
- Gym
- Martial arts
- Playing musical instruments
- Needlework
- Painting
- Photography
- Pottery-making
- Scrap booking
- Singing
- Yoga

### Outdoor Activities

- Cycling
- Girl guiding:  
‘Rainbows’ (5 to 7 year olds),  
‘Brownies’ (7 to 10 year olds),  
‘Guides’ (10 to 14 year olds)  
‘Senior Section’ (14 to 26 year olds)
- Scouting (for boys and girls):  
‘Beavers’ (6 to 8 year olds),  
‘Cubs’ (8 to 10 ½ year olds),  
‘Scouts’ (10 ½ to 14 year olds),  
‘Explorer’ (14 to 18 year olds)  
‘Network’ (18 to 25 year olds)
- Gardening
- Horse-riding
- Trampolining