

Summer Days

Laya Super Troopers love spring and summer and all the chances they give us to go outside and get active! The days are longer and, with warmer weather, it's a great time to get our friends and families out and about after the cold and dark winter months. Here are some fun activities to try this season!

1. Nature Walk

Why not go on a nature walk? You could look for flowers, like bluebells or daffodils, and even play a game to see who can spot the most flowers. Try to identify the flowers and take some time to make observational drawings of them!

2. Start a Garden

Gardening is a great way to keep active so why not try planting some poppies and primroses of your own! Spring and early summer are perfect times to get involved in digging to prepare the soil, planting seeds, weeding and watering. Taking part in these gardening activities could put some spring in your step!

3. Sound Stroll

Nature seems to come to life in spring and summer. On a nice day, you could go on a walk around the local park or green space, and try to identify the sounds you hear. You might be surprised by the bird and animal sounds that you hear when you are listening! Can you tell the difference between different bird calls?

4. Countryside Trip

With all the new animal life, this time of year is a prime time to take a trip to a nearby farm or a walk in the countryside. Baby chicks, ducklings and lambs are among the fauna (animals) you might see! You could also bring along a healthy picnic and make a day of it.



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5. Fly a Kite

Even though the days get warmer in summer, there can be plenty of windy days in Ireland which are ideal for taking a kite out to the local park or beach. You can even play games to see whose kite can fly the highest.

6. Sunny Day Outside

On a sunny day, there are lots of outdoor activities for family and friends. You could take a walk to a nearby park, find a spot to read your favourite books, or, why not take a trip to the beach to collect shells and use them for an art activity later, at home or on a rainy day!

7. Cycling Trip

Why not dust off the bike in the warmer months and take a cycling trip? You could go to your local park and even have a picnic en route. Remember, always wear a helmet!

8. Early Rising

At the weekends, you could have an early morning walk and listen to the birds at the dawn chorus. You could even try and identify them!

Whether it's a windy, rainy or sunny day, there are lots of ways for you to get out and get active!



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