

Ideas to Get Out of the House - Local, Easy, Low-cost and Low-stress



And Baby Makes Two

- ❖ Baby wearing meetup groups
 - ❖ Stroller fitness trails
 - ❖ Aquariums
 - ❖ Zoos
 - ❖ Outdoor museums
 - ❖ Picnic at the playground
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Toddlers – all of the above plus (check your town/city website)

- ❖ Playgrounds and parks
- ❖ Small streams and riversides
- ❖ Train watching
- ❖ Watching any heavy equipment (construction, trash, road crews)
- ❖ Tide pools and beaches
- ❖ Backyard digging and planting
- ❖ Wading pools and sprinklers
- ❖ Cleaning assistant
- ❖ Laundry assistant



School age – all of the above plus

- ❖ Walking trails
 - ❖ Beaches
 - ❖ Local museums
 - ❖ Local sights
 - ❖ Museum Sundays (*get free passes from your local library*)
 - ❖ Camping (*start in the backyard and progress to local campgrounds less than 1 hour*)
 - ❖ Draw a mural of the neighborhood on a roll of kraft paper
 - ❖ Old school ethnic neighborhood restaurants (Little Italy, Chinatown, etc.)
 - ❖ Obscure museums and sites (check [Atlas Obscura](#))
 - ❖ Skating, skiing, swimming at local facilities
 - ❖ AAA ball parks
 - ❖ AHL hockey games
 - ❖ Audubon sanctuaries and the like
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High School – all of the above plus

- ❖ Anything with food (picnics, hole-in-the-wall eateries, etc.)
- ❖ Canoeing
- ❖ Camping (*Start local if you haven't done this before. Consider it a shakedown trip*)
- ❖ Trails
- ❖ Volunteer events (5Ks, wildlife centers, play spaces, green space cleanups)
- ❖ Geocaching (or letter boxing) scavenger hunts (*Search online for local lists*)