



Suggested activities to do with a child

There are a number of activities you and the young person you are matched with can do together. We recommend making a regular time to share activities, as this will help you connect with the young person and build a positive long lasting relationship. This could be after school through the week or at a set time on the weekend. Like any friendship, you and the young person will negotiate to suit both of your lifestyles.

PHYSICAL ACTIVITIES

- Hiking trails
- Bike riding
- Kicking the football
- Tennis
- Bowling
- Day at the beach
- Walking groups
- Baseball
- Ice skating/skating
- Scooters
- Paddleboats
- Canoeing
- Bushwalking
- Learn how to ride a bike
- Swimming
- Gymnastics
- Softball
- Netball
- Playgrounds/mazes

EDUCATIONAL ACTIVITIES

- Museum
- Computer programs/games
- Small town attractions
- Reading
- Cooking
- Puzzles/crosswords/Sudoku
- Art galleries
- Board games
- Maritime museums
- Library
- Knitting/crochet
- Dolphin cruises
- Environmental tours
- Science centre
- Planetarium
- Visiting a pet shop
- Assisting with homework
- Talking about saving money
- Discussing school/work options

