

June is Recreation and Parks Month

Activity Guide



The following activities are suggestions for how you can celebrate each weekly June is Recreation and Parks Month (JRPM) theme. To be entered into our JRPM contests feel free to use this activity guide OR come up with your own JRPM activities!

Week 1 (June 1 - 10)

Get Outside & Get Active

- Go for a stroll in your neighborhood or local park.
- Go on an “un-natural” scavenger hunt and see how many pieces of litter you can clean up.
- Go outside and watch the clouds. What shapes can you see?
- Organize a neighborhood outdoor sports tournament and challenge your friends.
- Cycle along designated bike paths and enjoy the scenic views.
- Backyard or patio game time! This could even take place at a local café.
- Play outdoor sports like soccer, basketball, or frisbee with friends and family.
- Try outdoor yoga or fitness classes for a refreshing workout in nature.
- Take a nature photography walk and capture the beauty of your surroundings.
- Participate in virtual [Walk and Roll Alberta!](#)

Week 3 (June 18- 23)

Adaptive Inclusive Recreation

- Take Communities ChooseWells’ FREE [Equity, Diversity, and Inclusion in Recreation Settings eCourse](#).
- Discover [accessible play spaces](#) in your area. How many can you find around your community?
- Explore [accessible hiking trails](#).
- Deepen your reconciliation learning by visiting ARPA’s [Oral Knowledge Hub](#).
- Try out an inclusive fitness class on Youtube that caters to people of all abilities.
- Join community events or festivals that celebrate diversity and inclusion. A list of Pride Month events can be found [here](#).
- Participate in adaptive arts and crafts workshops and unleash your creativity.
- Participate in sensory-friendly nature exploration sessions and engage your senses.
- Engage in accessible gardening activities and experience the joy of nurturing plants.

Week 2 (June 11- 17)

Connecting with the Land

- Find a bench in a park and take in all the sights and sounds.
- Plant something! Whether that be a garden, a flower, or a pot of herbs for a fresh kick to your cooking!
- Go outside and read a book. Appreciate the peace and calm of being outdoors.
- Take a walk outdoors without any music. What kind of sounds can you hear?
- Capture the beauty of Alberta’s landscapes with a photo excursion.
- Try stargazing ! Share with us what constellations you are able to recognize.
- Go birdwatching in a local park or nature reserve.
- Learn about the land you are recreating on using [Native Land Digital](#) or this [PDF Map](#) created by the Government of Alberta.
- Have a picnic in a beautiful park and enjoy quality time with loved ones.

Week 4 (June 25- 30)

Explore Your Community

- Walk to the local farmers market!
- Walk down the main street and check out some local shops and restaurants.
- If you live in or around Edmonton explore the [Indigenous Art Park](#).
- If you live in or around Calgary explore [Prince’s Island](#).
- Go on an “architecture hunt” and document interesting buildings in your community.
- Visit local museums or art galleries to explore the cultural heritage of your community.
- Explore nearby parks and trails to discover hidden natural gems.
- Participate in community clean-up initiatives and contribute to a cleaner environment.
- Volunteer at a local community center or organization to give back to your community.
- Discover a new Albertan indigenous artist or musician. Share your favorite new piece of media from that artist!

