

# June is Recreation & Parks Month (JRPM)

## 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 contest feel free to use this activity guide OR come up with your own JRPM activities!

### WEEK 1 (June 1 - 9)

#### Love Your Parks & Green Spaces

- Go for a stroll in your neighbourhood or local park.
- Go “plogging” and see how many pieces of litter you can clean up.
- Go outside and watch the clouds. What shapes can you see?
- Join [Leave No Trace Canada](#) in supporting responsible outdoor recreation.
- Cycle along designated bike paths and enjoy the scenic views.
- Bring your backyard or board games to the park!
- Play outdoor sports like soccer, basketball, or frisbee with friends and family.
- Try outdoor yoga or fitness classes for a refreshing workout in nature.
- Go on a nature walk and photograph the beauty of your surroundings.
- Read a book outside and bask in the sunshine (use sunscreen!)

### WEEK 3 (June 17 - 23)

#### Inclusive Recreation

- Engage in accessible gardening activities.
- Discover accessible play spaces or hiking trails in your area.
- Participate in sensory-friendly nature exploration activities.
- Participate in adaptive arts & crafts workshops and unleash your creativity.
- Take Communities ChooseWells' [FREE eCourse on Equity, Diversity, and Inclusion in Recreation Settings](#).
- Deepen your reconciliation journey by visiting [ARPA's Oral Knowledge Hub](#).
- Try an inclusive fitness class on Youtube that caters to people of all abilities.
- Join community events or festivals that celebrate diversity and inclusion.



### WEEK 2 (June 10 - 16 )

#### Connect with the Land

- Go birdwatching in a local park or nature reserve.
- Find a bench in a park and take in all the sights and sounds.
- Plant something! (i.e. your own garden, potted flowers or herbs)
- Read a book outside and enjoy the peace and calm of being outdoors.
- Take a walk outdoors without any music. What sounds can you hear?
- Capture the beauty of Alberta's landscapes with a photo excursion.
- Learn about the land you are recreating on using [Native Land Digital](#) or this [PDF Map](#) created by the Government of Alberta.
- Try stargazing! See what constellations you are able to recognize.
- Have a picnic in a beautiful park and enjoy quality time with loved ones.



### WEEK 4 (June 24 - 30)

#### Explore Your Community

- Visit the local farmers market or community spray park!
- Stroll down main street and check out some local shops and restaurants.
- Go on an “architecture hunt” and discover unique buildings in the community.
- Visit local museums or art galleries to understand the history of your area.
- Explore nearby parks and trails to discover hidden natural gems.
- Give back to your community by volunteering somewhere local.
- Discover a new local Indigenous artist or musician.
- Attend local [National Indigenous History Month](#) or [Pride](#) month activities.
- Participate in community clean-up initiatives and contribute to a cleaner environment.