



FAMILY OUTING IDEAS

Blitz Trampoline Park, Portsmouth, NH. **Address:** 140 West Rd, Portsmouth, NH 03801

Coyote Club- Exeter, Durham, Dover, Stratham

Geocaching- https://www.geocaching.com/local/default.aspx?state_id=30

Great Bay Discovery center – Stratham, NH

Seacoast science center – Odiorne State Park, Rye , NH. www.seacoastsciencecenter.org

Mount Agamenticus, Kittery, Maine. Moderate hike up for kids, can drive to top.

New Hampshire Children’s Museum, Dover, NH. www.childrens-museum.org

Stratham Hill Park Stratham, NH, **Address:** Jack Rabbit Ln, Stratham, NH 03885

Urban Forestry Center, Portsmouth, NH. <https://www.nhdf.org/land-conservation/urban-forestry-center>

YMCA – Exeter and Portsmouth, Portsmouth location has a pool

Zebra Crossings

Town recreation departments

UNH students are a great resource for families who need assistance for their children to participate in group activities. Many of these students will work as one to one aides. Contact the College of Health and Human Services at <http://www.chhs.unh.edu>

There are so many activities that are beneficial to a child’s development!
Consult with a professional to find out about programs that would be best for your child!

