

## **FREE and LOW COST ACTIVITIES** **FOR YOU AND YOUR CASA CHILD(REN)**

### **Central**

1. Go to **Concerts in the Plaza** in San Luis Obispo, Pioneer Park in Paso Robles or the Gazebo in the Village of Arroyo Grande. Concerts begin approximately the first week of June and goes through the last weekend of August. It can be very crowded, so make sure your child is always near and under your control.
  - Hours: 5:30 p.m. – 7:30 p.m.
  - Cost: Free
2. Participate in a **coastal clean-up day**.
3. Visit **Boo Boo Records** and listen to the featured artists at the listening stations.
  - Wednesday mornings at 10:30 a.m. melodies for children ages 0-6.
  - Cost \$3
4. Go to Farmer's market. Try new foods, like which fruit is in season. See if you can identify the different types of fruits and vegetables. Or maybe different types of flowers or herbs. Check with your Chamber of Commerce for days and times.
5. **Visit a Dollar Tree store**. Let your child have \$5.00. Teach your child(ren) the advantages of spending it wisely.
6. Check out a theatre production at the **SLO Little Theatre**.
  - Contact: (805) 786-2440
7. Go to **Doc Berstein's Ice Cream on Tuesdays and check out the Reading Lab**.
  - Location: 860 Higuera St., San Luis Obispo.
  - Contact: (805) 474-4068
  - Cost: Free *\*except for the ice cream*
8. Try out one of the **1000+ climbing challenges at the Crux Climbing Gym in SLO**.
  - Location: 1160 Lauren Ln.
  - Contact: (805) 544-2789
  - Free for CASA youth, *however a waiver form needs to be signed by the caregiver*
9. **SLO Botanical Gardens**. Learn about plants and ecosystem of five Mediterranean climate Zones, from California to Chile. Also, visit the Celebration and Children's Garden.
  - Location: 3450 Dairy Creek Rd.
  - SLO Contact: (805) 541-1400 Visit the **Cal Poly Organic farm**.
  - Contact: [cpofuvol@calpoly.edu](mailto:cpofuvol@calpoly.edu)
10. Attend a **sports game** at your child's high school, or high school they will be attending.
11. Visit and tour Cuesta College and Cal Poly. Explain the difference between a junior college and a university.
12. Take a dive without getting wet! **Enjoy underwater views on the Sub-Sea Tour**.
  - Location: 699 Embarcadero, Morro Bay
  - Contact: (805) 772-WIND (9463)

- Adults: \$14.00, Seniors (65+), Students: \$11.00, Children (3-12 years): \$7.00  
Babies (2 & under): Free
- 13. **Learn to Salsa dance at the Cal Poly Salsa Club. (High School)**
- 14. Visit the **Art Center or Historical Museum in SLO.**
- 15. **Hike the sand dunes in Los Osos.**
- 16. **Take a health & safety class at the SLO Red Cross office.**
  - Location: 225 Prado Rd. - # A SLO
  - Contact: (805) 543-0696
- 17. Visit the **Sweet Springs Preserve** in Los Osos (Baywood Park)
- 18. **Explore the Children's Museum in San Luis Obispo**
  - SLO Location: 1010 Nipomo St. (at the corner of Nipomo & Monterey)
  - SLO Contact: (805) 545-5874 or go to [info@slocm.org](mailto:info@slocm.org)
  - Cost: Get free tickets at the CASA office Bring CASA business card for free entrance
- 19. Tour **Art After Dark** in SLO (*First Friday of each month*)
- 20. **Lighted Boat Parade** in Morro Bay at Christmas time.
- 21. Go to the **airport for lunch and watch planes take off and land.** (SLO)
  - Spirit of San Luis Restaurant – SLO Airport or bring a picnic.
  - Contact: (805) 549-9466.
- 22. Open Studio Art tour (once a year).
- 23. Go **bowling** at Mustang Lanes or Pismo Bowl
  - Mustang Lanes - Cal Poly Campus
  - SLO Contact: (805) 756-5523
  - Pismo Bowl - 277 Pomeroy Ave.
  - Pismo Beach Contact: (805) 773-2482
- 24. Sign your child(ren) up for the First Tee Golf Program
  - Laguna Lake - SLO
  - SLO Contact: (805) 781-7309
  - Sea Pines – Los Osos
  - Los Osos Contact: (805) 528-5252
- 25. **Help Preserve local trails.** Sign up with SLO Rangers.
  - Contact: (805) 781-7302
  - *\*There is a fee Free fishing days at Santa Margarita and Lopez Lakes Fishing clinics at both lakes.*
- 26. **Explore Poly or Stenner Canyon.** See the Architectural Graveyard.
- 27. **Heron Rookery** at Morro Bay during springtime.
- 28. Visit wildflowers at **Shell Creek** and **Carrizo Plains.**
- 29. Ride the **SLO Trolley around downtown.**
- 30. Drive to the lookout on **High Mountain and look for condors.**
- 31. Find hidden images at the stonewall of the **SLO Mission** or in **Bubblegum Alley in SLO.**
- 32. Visit Big Falls/Little Falls in upper **Lopez Canyon.**
- 33. Go fishing off the pier in Pismo Beach or Cayucos.

- *No license needed at the pier if under 16.*
- 34. Drive to **Black Mountain Radar Station**.
- 35. **Go explore the Los Osos Oaks, Elfin Forest**
- 36. Look at live fish and watch the fishing boats unload at Harford Pier.
- 37. Birdwatch at **Morro Bay Estuary**.
- 38. **Hike Reservoir Canyon**.
- 39. Visit **Cuesta Ridge Botanical Area**.
- 40. **Visit a farm** (SLO Creek Farms, Brookshire Farms, Hunt Family Farms in SLO)
- 41. **SLO Botanical Gardens** (Children's garden).
  - Visitslobg.org/education/kids-events for more information.
- 42. Sm(Art) Studio: visit [www.smartstudioslo.com](http://www.smartstudioslo.com) and visit studio with teen.
  - Email Terri at smartstudioslo@gmail.com or call (805) 904-5229.
- 43. Do **archery at Central Coast Archery** in SLO.
  - Contact: (805) 439-1570.
  - Be sure to ask for the owner and schedule a free shooting lesson! *\*CASA must accompany child(ren)*

## North County

1. Visit the **Museum of Natural History** in Morro Bay. Afterwards window shop on the Embarcadero.
  - Museum Hours: 10 a.m. – 5 p.m., everyday but Thanksgiving, Christmas & New Years Day.
  - Cost: \$3.00 for Adults and free for children sixteen (16) and under.
2. Go to **Concerts in the Plaza** in Pioneer Park in Paso Robles. Concerts begin approximately the first week of June and goes through the last weekend of August. It can be very crowded, so make sure your child is always near and under your control.
  - Hours: 5:30 p.m. – 7:30 p.m.
  - Cost: Free
3. **Visit a Dollar Tree store**. Let your child have \$5.00. Teach your child(ren) the advantages of spending it wisely.
4. Go to Farmer's market. Try new foods, like which fruit is in season. See if you can identify the different types of fruits and vegetables. Or maybe different types of flowers or herbs. Check with your Chamber of Commerce for days and times.
5. Visit the **Green Acres Lavender Farm** in Atascadero. Schedule a "farm visit."
  - Contact: (805) 975-5555
  - Cost: Free
6. View **elephant seals** at Point Piedras Blancas in San Simeon.
7. Visit Morning Star Youth Farm in Paso Robles (This location will take youth and advocates).
8. Taste some fresh apple cider at **Glenbrook Apple Farm** in Templeton.

9. **Visit Carrizo Plains National Monument**, the nationally protected wilderness & eco-tourism area. The Visitor Center is open December – March. The self-guided Painted Rock tour is July – February.
  - Call 877-444-6777 for additional information.
10. See the animals and stroll through the fresh herb garden **at Jack's Creek Farm**.
  - Location: 5000 West Hwy. 47– Paso Robles. Check for season opening.
  - Contact: (805) 239-1915
11. **SLO Botanical Gardens**. Learn about plants and ecosystem of five (5) Mediterranean climate Zones, from California to Chile. Also, visit the Celebration and Children's Garden.
  - Location: 3450 Dairy Creek Rd., SLO
  - Contact: (805) 541-1400
12. Visit the **Cal Poly Organic farm**.
  - Contact: [cpofuvol@calpoly.edu](mailto:cpofuvol@calpoly.edu)
13. Attend a **sports game** at your child's high school, or high school they will be attending.
14. **Skip rocks on a lake**. Keep a tally of how many times the rock skips. Pack a picnic.
15. Attend a **Bandstand concert in Atascadero**
16. **Explore the Children's Museum in Paso Robles**
  - Location: 623 13th St, Paso Robles
  - Bring CASA business card for free entrance
17. Go to the Paso Robles **airport for lunch and watch planes take off and land**. There is also a free tour at the Paso Robles airport.
  - Contact: (805) 549-9466
18. Spend a day at the **Ravine Water Park**.
  - Location: 2301 Airport Rd., Paso Robles.
  - Contact: (805) 237-8500.
19. **Swim at Sinsheimer Pool** *\*Lifeguard must be on duty\**
  - Location: SLO Swim Center 902 Southwood Dr.
  - Contact: (805) 781-7288
20. Go **bowling** at Paso Bowl
  - Location: 2748 Spring St., Paso Robles.
  - Contact: (805) 238-5020
21. Sign your child(ren) up for the **First Tee Golf Program: The Links** – Paso Robles
  - Contact: (805) 227-4567.
22. Take in a movie at the **IMAX theater at the Hearst Castle visitor center**.
23. Check out the interactive exhibits at the **Coastal Discovery Center**, a collaboration between Monterey Bay National Marine Sanctuary and CA State Parks.
  - San Simeon, CA
  - Contact: (805) 927-2145
24. Visit the **Air Museum** in Paso Robles.
25. **Visit the Templeton Valley Farms**

## South County

1. Go to **Concerts in the Plaza** in the Gazebo in the Village of Arroyo Grande. Concerts begin approximately the first week of June and goes through the last weekend of August. It can be very crowded, so make sure your child is always near and under your control.
  - a. Hours: 5:30 p.m. – 7:30 p.m.
  - b. Cost: Free
2. Participate in a **coastal clean-up day**.
3. **Visit a Dollar Tree store**. Let your child have \$5.00. Teach your child(ren) the advantages of spending it wisely.
4. Explore **Oso Flaco**
5. Take an **architectural tour** of a nearby city. Spend a few minutes researching the buildings online. Have your child(ren) draw their own rendition of their favorite building from memory.
6. Go to Farmer's market. Try new foods, like which fruit is in season. See if you can identify the different types of fruits and vegetables. Or maybe different types of flowers or herbs. Check with your Chamber of Commerce for days and times.
7. Go to **Doc Berstein's Ice Cream on Tuesdays and check out the Reading Lab**.
  - a. Location: 114. W. Branch St. – Arroyo Grande
  - b. Cost: Free *\*except for the ice cream*
8. Take a trip to a discount clothing store or a second hand clothing store. Let your child(ren) put together an outfit.
  - a. Visit The Teen's Closet, located at 1212 Farroll Ave., behind the Arroyo Grande Care Center.
  - b. For hours and days they are open, email: [presstoe@aol.com](mailto:presstoe@aol.com)
9. Take a tour of the **Monarch Butterfly** Grove.
  - a. Contact: (800) 443-7778
10. Check out the oldest former residence in SLO county, the **Dana Adobe in Nipomo**.
11. Attend the Melodrama in Oceano.
  - a. Contact: (805) 489-2499
12. **Pick berries (when in season) at the Avila Valley Barn**, a favorite stop-off for ice cream, to buy fresh fruit, or vegetables. Select a fresh bakery item, go on a hayride, and visit the petting zoo. Contact them for dates and times for the hay rides.
  - a. Location: 560 Avila Beach Dr. (at Ontario Road) in Avila Beach
  - b. Contact: (805) 595-2816
  - c. Hours: 9 a.m.– 6 p.m., seven days/week, except holidays
13. Attend the Melodrama in Oceano.
  - a. Contact: (805) 489-2499
14. Take a walk together on a local **beach**.
15. Attend a **sports game** at your child's high school, or high school they will be attending.

16. **Skip rocks on a lake.** Keep a tally of how many times the rock skips. Pack a picnic.
17. Attend a **Bandstand concert in Arroyo Grande or Grover Beach.**
18. Take a tour of the **Luffa Farm.**
  - a. Location: Willow Rd, k, Nipomo
  - b. Contact: (805) 343-0883.
19. Go to the **airport for lunch and watch planes take off and land.** (Oceano).
20. Spend a day at the **Mustang Water Park.**
  - a. Location: 6840 Lopez Dr. – Arroyo Grande (Lopez Lake).
  - b. Contact: (805) 489-8898.
21. **Swim at Sinsheimer Avila Hot Springs** *\*Lifeguard must be on duty\**
  - a. Location: 250 Avila Beach Dr. Avila Beach
  - b. Contact: (805) 595-2359
22. Sign your child(ren) up for the First Tee Golf Program
  - a. Location: Black Lake, Nipomo
  - b. Contact: (805) 343-1214 ext. 4.
23. Go fishing off the pier in Avila Beach. *No license needed at the pier if under 16.*
24. **Visit a farm** (Avila Valley Barn, Gopher Glen Organic Apple Farm, Wind Dance Farm, or Rutiz Family Farms, Talley Farms Fresh Harvest, or Windmill Farms)

### **Activities to do anywhere:**

1. **Write a letter to congress or your local representative;** share your feelings about local, national or global issues.
2. Take an **architectural tour** of a nearby city. Spend a few minutes researching the buildings online. Have your child(ren) draw their own rendition of their favorite building from memory.
3. **Make up short stories** and remove random nouns, verbs and adjectives. Ask your child(ren) to fill in the blanks.
4. Write a letter to a favorite celebrity. Mail it to their fan club.
5. **Learn a magic trick.**
6. **Take turns playing advice columnist.** Take turns to see who can come up with some of society's most challenging problems. Share each others ideas and your solutions.
7. **Buy inexpensive t-shirts.** Design and paint them
8. **Visit a local library;** look at a book on astronomy, origami, French cooking, anything fun and interesting. Visit a used book store.
9. **Fly a kite.** Be sure that flying the kite is acceptable on whichever beach you choose, as there are some areas where it is not allowed, due to endangered wildlife.
10. Go for a **hike** on one of the many trails in SLO County.
11. **Use a Frisbee to knock down 2-liter plastic soda bottles, set up like bowling pins.**
12. **Practice filling out applications.**
13. Visit a local **coffee shop** to sip hot chocolate, have a snack and play a board game.
14. Take a **tour of City Hall or attend a City Council** meeting to find out how our local govt. Works.

15. Read through the **Guinness Book of World Records** together.
16. Participate in a **local intramural sports team**.
17. **Create your own nature or shopping mall scavenger hunt**. Use a camera to capture the items.
18. **Go out to breakfast before school starts**.
19. **Walk around a local boat or car show**.
20. **Raise money for future outings by collecting recyclable bottles and cans**.
21. Get a low cost **manicure or pedicure** at one of the beauty schools in SLO County.
22. Lay out 20 socks and see who can match the most in 2 minutes.
23. **Learn a card trick**. Learn how to juggle.
24. **Volunteer together at a local non-profit or charity during the holidays**.
25. **Go window shopping**. Discuss how certain clothes affect your body & body image.
26. **Learn to play a musical instrument together**.
27. Get a couple of **disposable cameras** and take pictures. At the end of your picture taking, put a photo album together. Decorate with lots of stickers and colorful markers.
28. Get a book of **animal tracks** and explore a pond or trail together to see what animals live in the area.
29. Develop a list of 30 questions: odd and unusual facts you would like to know about each other.
30. Make a calendar of events of his/her year.
31. Collect leaves and safe plants on a hike. Make a plant rubbing or press the leaves between wax paper.
32. Open the hood of a car and discuss what's under there.
33. Sit on a bench and watch people. Take turns guessing where you think the people are going.
34. On a sunny day, travel around the coast and photograph serene scenery.
35. Check out the *Ticket* or *New Times* for activities in the area.
36. Attend a poetry reading at a local café.
37. Visit local, regional and/or state parks.
38. **Hold your own Olympic Games**. Create your own teams, flags and colors.
39. Check out fun activities at a local library.
40. Put together a themed **picnic**.
41. Organize a scavenger hunt.
  - *\*always accompany your child(ren)*
42. Make a kite together.
43. Go grocery shopping. Find the cereal with the least and most amount of sugar. Do that with other food items.
44. Go geocaching.
45. Hit golf balls at a driving range.