

Fun Family Activities

1. Go for a walk or hike and take turns playing I Spy
2. Play a backyard game- corn hole, badminton, horseshoes, etc.
3. Have a scavenger hunt
4. Plant a garden
5. Play at the local park
6. Fly a kite
7. Go for a family bike ride
8. Visit a zoo, museum, or amusement park
9. Go canoeing or kayaking
10. Play putt-putt
11. Build a fort with blankets (indoor or outdoor)
12. Go roller skating or roller blading
13. Play charades
14. Jump on a trampoline
15. Go to a local pool or lake
16. Play frisbee
17. Dance to your favorite music
18. Have a jump rope competition
19. Create an obstacle course with household furniture
20. Play catch or a game of dodgeball
21. Have a hula hoop competition
22. Play tag, red-light-green-light, or duck duck goose
23. Explore a local stream or river
24. Go to a nearby track and play follow the leader using locomotor movements such as jogging, skipping, galloping, hopping, etc.
25. Swing at a local playground

