

OUTDOOR SUMMER FUN

Summer is coming and with warm weather we all want to enjoy being outside without being bored. Here are a few ideas to keep the kids (and moms) happy!

WATER BALLOON ACTIVITIES

- 1) Hot Potato Water Balloon - Have the kids sit in a circle and start passing around a water balloon while playing music. At random intervals, turn off the music. Whoever is left holding the water balloon or whoever pops it, is out. The last child left in the game is the winner!
- 2) Water Balloon Hula Hoop Toss – lay several hula hoop “targets” on the ground, farther “targets” earn more points. Each child gets to toss 5 water balloons and the one highest score wins.
- 3) Water Balloon Tag - Whoever is “it” carries the water balloon. If you get hit and the balloon breaks then, “Tag, you’re it!”
- 4) Water Balloon Toss - Everyone lines up and stands across from their partner. Partners start close together and each time they catch it they must take a step backwards. The team with the greatest distance between the partners wins!



Picture by: Steve Wilhelm

PLAYDOUGH AT THE PARK

Playdough is a great activity to do outdoors. Kids get to enjoy creating and moms don't have to worry about cleaning playdough out of the carpet. Make the simple recipe below and take it to the park with you. Kids can use rocks, grass, twigs and other items to make prints or 3D creations!

- 1 cup flour
- 1 cup water (add 4-6 drops of food coloring)
- ½ cup salt
- 2 TBSP oil
- 2 tsp. Cream of tartar

Mix all ingredients together in a large pot. Heat and stir over medium heat until dough leaves the side of the pot. Cool on wax paper and knead well. Can be stored tightly in an uncovered container for several weeks and used repeatedly.