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Fun Ways for Kids to Stay Active at Home

1. Have a dance party
2. Play charades
3. Plant a garden
4. Fly a kite
5. Create an obstacle course
6. Play ball (or any backyard game)
7. Jump rope
8. Go on a scavenger hunt
9. Build a fort with an old sheet
10. Ride a bike
11. Challenge your parents to a race around the yard
12. Play hopscotch
13. Play balloon volleyball
14. Hula hoop
15. Go for a family hike or walk
16. Create a maze out of sticks
17. Have a crab walk race
18. Try bowling using a ball and water bottles
19. Play hot potato with a small ball
20. Play musical chairs
21. Have a snowball fight with crinkled up sheets of paper
22. Play Frisbee
23. Climb a tree
24. Have a beach ball (or balloon) blanket toss
25. Have a limbo challenge
26. Play hide and seek
27. Have a treasure hunt
28. Golf ball (or Easter egg) hunt
29. Create a gigantic "Memory" game using paper plates
30. Play pin the tail on the donkey
31. Create outdoor exercise stations for push-ups, jumping jacks, crunches, and squats
32. Play twister
33. See how many different colors you can find in nature
34. Have a one-legged hop relay race
35. Try scarf juggling
36. Play monkey in the middle with a ball
37. Practice sports drills outside
38. Play follow the leader with different animal movements
39. Collect rocks or flowers
40. Make up your own dance routine
41. Play Simon Says with exercises
42. Create your own active game and record it to share with your friends



Commit to Be Fit

**For more ideas & activities, visit
www.rappc2bf.com/home-activities**