

# Activities You Can Do With Your Kids

## At Home

- Start a family activity night. One day each week (or month) plan to have the family get together to play a game or do some activity outside. Let a different child pick the activity each week.
- Put on some music and dance in the living room.



- Have your kids help with household chores - vacuuming, dusting, taking out the trash and recycling, washing the car, raking leaves, sweeping, and mopping.
- When your child's friends come over to play, encourage them to play instead of watching TV or playing video games.
- Help your kids put on their own shows - with a cardboard box and an imagination you can create your own TV show.
- Give your kids a horseback ride. (You are the horse.)
- Build a snowman.
- Encourage your kids to join a sports team, and help them practice at home.
- See how long you can keep a hula-hoop going.
- Do tumbling in the living room - somersaults, handstands, cartwheels.
- Play charades.
- Clean out your closets or garage.

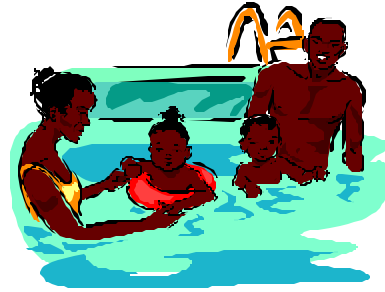


## At the Park



- Walk or bike to the park.
- Play catch.
- Jump rope.
- Shoot baskets.
- Play on the jungle gym and swing set.
- Fly a kite.

- Run in the water at the beach or river.
- Build a sandcastle.



## Around the Neighborhood

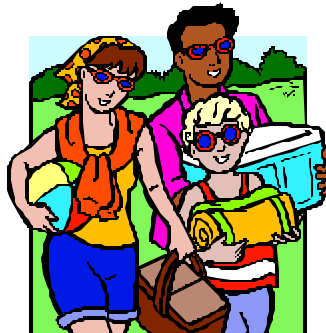


- Take a walk.
- Walk the dog.
- Ride a bike.
- Go swimming at the public pool.
- Play tag.

- Use chalk to draw a hopscotch pattern on the sidewalk. Start hopping!
- Join with other families to start up a neighborhood game of baseball, volleyball, soccer, football, or anything else.
- Plan a neighborhood scavenger hunt. Make up a list of things to find in your neighbors' yards. (Get permission first!)
- Walk through a museum or art gallery.
- Go rollerskating or rollerblading at a local rink or around town.



Let your kids be creative - they can probably think of more fun activities than you can!



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