

Name: \_\_\_\_\_

Below are some activities that you can do while out of school. Feel free to include family members and/or friends!

After you complete an activity, have an adult initial next to the activity to show that you have completed it. Some are indoor activities, some can be either outdoor or indoor. Choose activities that are best for you and your family. You may complete a few per day and you can repeat your favorites as many times as you'd like!

HAVE FUN!!! 😊

Climb up and down a flight of stairs 5 times	Dice activity: roll a dice and perform that number of an exercise.	Make up a dance to your favorite song & Dance party for 15 minutes!	Have a catch with friend or family member for 20 minutes	Challenge friend or family member to running race	Go for a 20 minute walk with a parent or family member	Go for a 20 minute jog with a parent or family member
Play sports or nutrition charades with family members and get them to guess the sport or food you are acting out	Create your own tabata! (20 seconds of exercises, 10 seconds of rest, 8 rounds)	Have a tossing contest. Who can toss a ball closest to the spot marker without hitting it? Try from different distances!	How far can you jump? Challenge family member to long jump contest	Basketball shootout- Play a shooting game for points. First to 10 baskets wins! If you don't have a hoop, balled up socks or paper to a garbage pail work perfectly!	Create bowling game with cups or objects that stand and challenge family member	Volley a light ball or balloon for 20 minutes (you can use an empty bag or crumpled up piece of paper if you don't have a balloon)
Make a hopscotch pattern on the floor and practice it!	Paper airplane contest: create and try to make it fly! Run, skip or gallop to retrieve it after each throw	Help wash windows, sweep or vacuum your house	Go on an ABC treasure hunt. Search for items that begin with each letter of the alphabet. As you find each letter do 5 jumping jacks or shoulder slaps	Create a tag game with your family/friends!	Challenge family members to "animal walk races"! Options include: crab walk, seal crawl, lame dog walk, ostrich walk, and others!	Indoor snowball fight! You can use balled up socks or crumpled up paper