



Summer ACTIVITY CHALLENGE

CHECK OFF EACH ACTIVITY AS YOU COMPLETE IT.

OUTDOORS

- Obstacle course
- Nature walk
- Climb a tree
- Kick a ball
- Driveway chalk
- Go for a hike
- Roll down a hill
- Make a hideout
- Draw the clouds
- Run around the house
- Pick flowers
- Do jumping jacks
- Explore a new park
- Fly a kite
- Draw with chalk
- Go swimming
- Ride a bike
- Watch birds

INDOORS

- Animal walks
- Couch cushion course
- Balloon toss
- Bowl plastic cups
- Indoor balance beam
- Freeze dance
- Yoga
- Build puzzles
- Hand clapping songs
- Board games
- Catch socks
- Write in a journal
- Wheelbarrow walks
- Army crawls
- Duck duck goose
- Wall push-ups
- Dance party
- Play with stickers

WATER

- Water sensory bin
- Spray bottle art
- Squirt gun painting
- Paint with water
- Swim
- Play in a sprinkler
- Make a sensory bottle
- Make sponge balls
- Play in the hose water
- Water flowers
- Wash a car
- Play in the rain
- Water table
- Water balloons
- Play in soapy water
- Make muddy soup
- Bubbles
- Sink or float tests

GAMES

- Red rover
- Play tag
- Hide and seek
- Play Uno
- Play cards
- Soccer
- Catch a football
- Board games
- Hopscotch
- 4 square
- Basketball
- Relay races
- Charades
- 7 Up
- Mr. Wolf
- Tug of war
- Lawn tic tac toe
- Bean bag toss

MAKE

- Torn paper art
- Make play dough
- Build LEGO
- Finger paint
- Make a fort
- Make a recipe
- STEM project
- Make lemonade
- Paint rocks
- Leaf resist art
- Coffee filter butterfly
- Toilet paper roll craft
- Paper bag puppets
- Make bird treats
- Create a song
- Write a letter
- Bake cookies
- Draw

IMAGINE

- Think of a goal
- Dress up
- Make up a play
- Invent something
- Make up a dance
- Act out a story
- Write a story
- Imagine a box is a...
- Pretend to be a...
- Think of a new ending to a movie
- Imagine all the things you are grateful for
- Imagine you had \$1,000
- Think of a random act of kindness
- Imagine you were...