

Water play

- Scrub them Down – use a big sponge or towel and wash your toys, the house, the car...
- Water balloon toss
- Squirt toys/spray bottles – can you water the plants, a tree, a garden?
- Bucket relay – move water from the bucket full of water to the empty bucket using a cup
- Swimming/moving in a lake or pool

Bubbles

- Blow
- Catch them with the wand
- Stomp with feet
- Clap them with hands
- Run after them

Sand play

- Play in a sand box
- Dig a hole
- Fill the hole with water- carry buckets of water
- Walk/run in sand

Baseball

- Place a ball on a tee and practice hitting it and running the bases (use ice cream pail covers or trees for bases)
- Have someone pitch to you – can you hit the ball?

Sidewalk chalk

- Draw a road – can you keep your bike or scooter on the path?
- Draw a river for jumping over
- Play hopscotch
- Write out letters – can you jump to them to spell your name, Mom, Dad, or words?

Scavenger hunt

- Make a list the things you will find outside then go explore and find them!

Biking

- How far can you go?
- Make an obstacle course out of other toys/boxes/recycling or draw one with sidewalk chalk to ride through

Games

- Red Light Green Light

- How to Play: One person is the traffic cop. All remaining players stand on the starting line and the traffic cop has their back to them. When the traffic cop says “green light,” players try to run to the finish line. When the traffic cop says “red light,” they turn around and the other players have to stop. First to pass the finish line wins and becomes the traffic cop.
- Stand Off
 - How to Play: Two people stand directly in front of each other. They hold out their hands and try to push each other over while keeping their own feet planted. Whoever moves their feet first loses. Parents be easy on your kids:) it’s a great way for them to use their muscles!
- Hide and Seek
 - How to Play: The “it” person counts to a predetermined number (usually 20) and then goes looking for the others. If you are tagged, you are “it,” and it starts over. Alternative version: If you are tagged, you are out. Keeps going until everyone is tagged.
- Sardines
 - How to Play: Sardines is the opposite of hide-and-seek. One person is designated to hide while the others count. If you find the hidden person, you join them. Last person to find them loses.
- Duck, Duck, Goose
 - How to Play: Everyone sits in a circle. One person is the tagger. They walk around the circle, touching each person’s head and either saying “duck” or “goose.” If they say “duck,” things continue as is. If they say “goose” the person tagged must try to catch the tagger before they can get back to their spot. If the tagger gets caught, they must sit in the mushpot (the middle of the circle).
- Three Flies Up
 - How to Play: There is one thrower; everyone else is a catcher. The thrower stands a distance away from the catchers and then tosses the ball up in the air towards the catchers. If you catch the ball, you get a point. First person to three points becomes the thrower.
- The Floor is Lava
 - How to Play: Do whatever you can to not touch the floor, which is now lava. Hop on chairs, couches, benches, logs, or whatever. Try to get from Point A to Point B. Don’t touch the floor/ground, which is lava.