



## Outdoor Family Activities

- 4-square
- Attend a school or community ball game
- Blow bubbles outside
- Bring a blanket and several books outside
- Camp out in the backyard
- Canoeing
- Capture the Flag
- Cartwheel race
- Climb a tree
- Create an outdoor obstacle course
- Do a science experiment
- Do chalk art on the side walk
- Do yard work together
- Dodgeball
- Egg Parachute Contest
- Eskimo Baseball-instead of a diamond, run between 2 lines
- Explore a new park
- Explore community gardens
- Family Tug of War
- Feed geese or ducks
- Fly kites
- Go bird watching
- Go camping
- Go fishing
- Go for a bike ride together
- Go for a long walk
- Go for a star-gazing walk
- Go on a creek walk
- Have a barbecue or picnic at a park
- Have a service car wash
- Have a splash fight
- Hiking
- Hose or squirt gun fight
- Ice skating
- Jump on a trampoline
- Jump rope
- Kayaking
- Learn to play golf together
- Long Jump contest
- Look into community center activities
- Make miniature boats & float in water
- Monkey in the middle soccer
- "Mother-May I"
- Move rocks under water by swimming or walking
- Organize a community clean-up
- Organize a game of capture the flag
- Pick berries/fruit together
- Picnic in your backyard
- Plant a flower and/or vegetable garden
- Play a game of Badminton
- Play a game of tennis together
- Play Baseball
- Play Blob Tag: when "it" tags someone they become "it" too.
- Play broom ball
- Play catch
- Play foursquare
- Play freeze-tag
- Play Frisbee or Ultimate Frisbee
- Play H.O.R.S.E
- Play hopscotch
- Play stickball
- Play touch football
- Play with silly string
- Rake the Yard
- Red-Light, Green-Light Tag
- Relay races
- Roll down a hill & run back up
- Roller skating/blading
- Ropes Course
- Run through the sprinklers
- Scavenger hunt outside
- See who can tread water the longest
- Set up a lemonade stand on a warm day
- Shoot hoops together
- Skip rocks on a pond or lake
- Squirrel Tag
- Swimming
- Take a nature hike
- Take a paddle boat ride
- Tell stories around a campfire or fire pit
- Toss the football
- Ultimate football
- Visit a farmer's market
- Visit a nearby playground or park
- Visit the zoo
- Volleyball
- Walk the dog
- Walk, jog, or run as a family
- Wash the car together
- Wash the dog (A neighbor's dog if needed)
- Watch the night sky through binoculars
- Watch the sunrise or sunset
- Water balloon fight
- Weed the garden
- What Time is it Mr. Fox?
- Wheelbarrow races
- Zip lining