

Action Plan

Create an activity calendar

Morning Activities	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Afternoon Activities							

Activity Ideas

Outdoor activities:

- Visit a hiking trail. See what your child discovers in nature!
- Play with your dog (if you have one) or offer to walk a neighbor's dog.
- Play under a sprinkler in a grassy area.
- Run, skip, jump, hop, or race at a park!
- Play in the sand area at a playground.
- Play with toys in the yard.
- Play in the water at a nearby river or lake. Stay with your young child 100% of the time and have them wear a life vest for safety.
- Play games you remember from when you were a child. Some examples are Simon Says, tag, or freeze tag.
- Make a hopscotch grid with sidewalk chalk or masking tape (if inside).
- Play kickball with a large, soft ball.
- Go bicycling in a safe area. Younger children can have fun with four-wheeled scooters, tricycles and big wheels.
- Make up and play your own family version of an outdoor game.
- Make homemade bubbles, then chase, catch, and pop them.
- Create a “carwash” for kids’ toys.

Activity Ideas

(Continued)

Indoor or outdoor activities:

- Have scavenger hunts. You (or older siblings) can hide a favorite stuffed animal for your child to find.
- Play hide and seek.
- Dance and clap to music.
- Jump from low steps.
- Balance on one leg and then switch.
- Act like a kangaroo hopping or a train chugging along the tracks.
- Sweep the floor or pick up toys.
- Walk a straight line. Using painter's tape (or chalk if outside), draw a line or 2. Have children balance on, jump over, or walk between the lines.
- Walk on tiptoes.

Indoor activities:

- Set up an obstacle course with furniture and/or boxes.
- Time your kids doing anything (for example, picking up toys, or getting dressed).
- Play with sock balls or soft foam balls (rolling, throwing, bouncing, kicking).
- Have your child balance a beanbag or stuffed animal on their head.