

Fun Childhood Activities!

	Activity	Muscle Strength	Bone Strength	Balance	Mind	Aerobic	No Equip.
1	Badminton	X			X	X	
2	Balance Walking	X		X			X
3	Balloon Volleyball	X			X	X	
4	Bean Bag Toss	X			X		
5	Bowling	X		X			
6	Catch	X	X	X			
7	Charades	X	X		X		X
8	Crab crawl / Wheelbarrow Race	X	X	X		X	X
9	Dance	X	X	X		X	X
10	Duck, Duck, Goose	X	X			X	X
11	Four-square	X	X		X	X	
12	Freeze Tag	X	X	X		X	X
13	Frisbee	X				X	
14	Gardening	X	X		X		
15	Gymnastic circuit	X	X	X		X	X
16	Hacky-sack	X		X			
17	Hopscotch	X	X	X		X	X
18	Hula-hoop	X		X		X	
19	Juggling	X		X	X		
20	Jump Rope	X	X	X		X	
21	Jumping Jacks	X	X			X	X
22	Keep the Balloon (Ball) Off the Ground/ Hot Potato	X				X	
23	Kickball	X	X		X	X	
24	Martial Arts	X		X	X		X
25	Mother May I	X	X		X		X
26	Musical Chairs	X	X	X	X	X	
27	Obstacle Course	X	X	X	X	X	
28	Pilates	X	X	X	X	X	X
29	Ping-pong Ball Toss	X		X	X		
30	Red Light/Green Light	X	X			X	X
31	Simon Says	X	X		X		X
32	Skipping	X	X	X		X	X
33	Twister	X		X	X		
34	Yoga	X	X	X	X		X
35	Yo-yos	X			X		

Activity Directions

1. **Badminton:** A game requiring racquets, a net, and a shuttlecock (birdie) and 2 or 4 players. Players stand on either side of net and hit the shuttlecock with their racquet across the net just like in tennis. However, the shuttlecock cannot hit the ground and the shuttlecock can only be hit once before going over the net. You score by landing the shuttlecock on the ground on your opponent's side.
2. **Balance Walking:** Heel walking, toe walking, or walking a straight line.
3. **Balloon Volleyball:** Similar to regular volleyball but using a balloon; there are some differences such as: the net is lower or there is no net (rather a line on the ground), the court is smaller, and there are only 4-5 players on each team. Adult supervision needed as balloons can be a choking hazard.
4. **Bean Bag Toss:** Place two boards with a hole in the center on an angle 30 feet apart. Each team has 2-4 players on it and each team gets two beanbags per a player. The player then stands by one box and attempts to throw the beanbag in the hole of the other box 30 feet away. 1 point is given for a beanbag landing on the board and 2 points for a beanbag in the hole. The team that scores 21 points first wins and then the players switch teams and start again.
5. **Bowling:** Similar to regular bowling but using plastic bottles and a beach ball. Set up 10 plastics bottles in a triangle with the point closest to the bowler. Then have the bowler stand 20-30 feet away behind a line and roll the beach ball towards the plastic bottles. Same scoring for regular bowling applies.
6. **Catch:** Have 2 people stand 20-40 feet apart from each other. Have one person throw the ball (any type of ball would work) towards the other person for them to catch it. That person then throws it back for the first person to catch it.
7. **Charades:** Kids divide into two teams. Then one person from team one draws a piece of paper or card out of a pile and act out the word or phrase on the paper. There is no talking and team 1 has two minutes to guess the word or phrase their team member is acting out. Next, it is the turn of team 2.
8. **Crab Crawl/ Wheelbarrow Races:** Divide the kids into multiply teams consisting of 4-8 players each. Have each team stand behind a line. First, each player on the team will get into the crab position (on hands and feet with belly button facing the ceiling and bottom is off the ground) and "crawl" to a line 20-30 feet away then turn around and come back to the starting position. Only one player goes at a time and the next player cannot start until the previous player is across the line. The first team to get all players back across the start line wins. For the wheelbarrow races, have each team divide in to pairs. One person acts as the driver & the other person acts as the wheelbarrow. The driver holds the ankles of the "wheelbarrow", while the person acting as the wheelbarrow walks on their hands. Each pair walks to a line 20-30 feet away, switch roles, and then walk back to the start position. The team to get all their pairs back across the start line first wins.
9. **Dance:** may include hip-hop, African dance, Stomp, Ballroom, and many different other types. Get creative. There are many DVDs teaching different styles of dance.
10. **Duck, Duck, Goose:** All the kids sit in a circle and one kid is standing on the outside of the circle. The child standing on the outside of the circle begins walking around the circle tapping each kid on the head saying duck. When the child taps a kid on the head and says "goose", the kid gets up from the circle and chases the tapper around the circle until the tapper takes the place of the "goose" by sitting down in the circle. Now the person standing is the tapper.

11. **Four square:** a game played with a rubber playground ball on a square court with four players. When the ball is bounced into your square you must then bounce it back out without hitting twice in your own square, otherwise you are out. The object is to eliminate players in higher squares so that you can make it to the 'four square' and score the most points.
12. **Freeze Tag:** One person who's "it" will close their eyes and count to ten while everyone runs and hide; they can move around to avoid the "it". Once the "it" tags a person, that person will stay put as if "frozen"; they can't move unless touched by a person who isn't "frozen". The game ends when everyone is "frozen" and then a new game will begin.
13. **Frisbee:** This is when multiple players stand in different locations and throw a disc (Frisbee) towards each other for another player to catch.
14. **Gardening:** Have the children plant seeds or flowers in cheap pots or in the ground around your location. Do not forget to have them water the plants.
15. **Gymnastics circuit:** Sep up stations with summersaults, handstands, push-ups, sit-ups, cartwheels, and stretching. Then have the children rotate through the stations.
16. **Hacky-sack/Footbag:** Have the children stand in a circle and kick the hacky-sack back and forth. The goal is to keep the hacky-sack from hitting the ground but the children can only use their feet. No hands allowed.
17. **Hopscotch:** Design a line of 10 rows of squares with either one or two squares on each row. Then have each child "hop" through the line of squares. Only one foot per a square so if there is only one square in the row then the child must hop on one foot in that square.
18. **Hula-hoop:** Each child twirls a toy hoop around their waist or limbs. The goal is to keep the hoop from hitting the ground by continuously moving their hips or limbs.
19. **Juggling:** Toss three or more objects up in the air to catch the object and toss it up again. The goal is to keep the objects rotating in the air and not let them fall. The most common objects are balls or beanbags. However, scarves are good for beginners.
20. **Jump Rope:** Think of different types such as double-under and double-dutch. Double-dutch can include multiple children at once.
21. **Jumping Jacks:** The child should jump to spread their legs apart and clap their hands above their head at the same time. On the second jump, the child should bring their legs together and bring the hands down by their side at the same time. Then repeat the cycle.
22. **Keep the balloon off the ground:** Group forms a circle and hits the balloon (ball) to each other with one person hitting the balloon only one time in a row. If you are the last person to hit the balloon before it hits the ground you are out. If you do not attempt to hit the balloon coming at you, you are also out. Careful with the balloons as they can be a choking hazard. Good adult supervision needed.
23. **Kickball:** This is a game similar to softball with 3 bases and a home base. However, the "batter" or "kicker" kicks the ball, which can be a rubber ball or soccer ball. If the ball is caught in the air before touching the ground, the kicker is out. If the ball touches the ground first, then the kicker runs to first base and continues around the bases as able heading towards home base to score a run. The kicker is also out if an outfielder throws the ball and hits the kicker, tags the kicker with ball when not standing on a base, or touches the base while possessing the ball before the kicker.
24. **Martial Arts:** A set of movements and traditions that not only increase strength, movement coordination, flexibility, it also teaches self-control and self-defense. There are many types of martial arts and you can find many exercises on the internet.

25. **Mother May I:** One person is the mother/father and stands at one end of the room. All the other people are the children and line up on the opposite side of the room. One child at a time ask the mother about a type of movement and then the mother/father responds. (i.e. *child says "Mother may I take 3 giant steps forward? Mother responds by saying "yes you may" or "no you may not but you can _____. Such hop like a frog for 10 seconds or take 5 baby steps backwards, etc.)*)

26. **Musical Chairs:** Set up a number of chairs so that there is 1 less chair than the number of kids (example – 10 chairs for 11 kids), and place them back-to-back (5 on each side). Then play music as children are walking, running or skipping around the set of chairs. When the music stops, the kids should run to find a chair and sit down. Whoever does not have a chair is out of the game. Remove another chair and continue the same process until 1 chair is left with 2 kids. Whoever gets the last chair wins the game.

27. **Obstacle Course:** Set up 2 sets of obstacles for kids (i.e. set 2 chairs apart with a pole across for the kids go under, set up a zig-zag of cones for the kids to run between the cones, a box for the kids to jump over, etc.). Split the kids into 2 teams. Each team starts at the same time and whichever full team completes the course first wins the obstacle course race.

28. **Pilates:** A collection of exercises using the floor or a piece of equipment called the Reformer. The goal of pilates is to strengthen core muscles, encourage awareness of the connection between mind and body, breathing control and balance. Look on the internet for different exercises or pick up a DVD for pilates beginners.

29. **Ping-pong ball toss:** Just like Bozo Buckets. The person attempts to throw the ball into a line of buckets, starting with the bucket closest to them. With each bucket made, the person attempts a further bucket. You are out when you miss a bucket.

30. **Red Light/Green Light:** In this game, one person plays the "stop light" and the rest try to touch him/her. At the start, all the children form a line about 15 feet away from the stop light. The stop light faces away from the line of kids and says "green light". At this point the kids are allowed to move towards the stoplight. At any point, the stop light may say "red light!" and turn around. If any of the kids are caught moving after this has occurred, they are out. Play resumes when the stop light turns back around and says "green light". The stop light wins if all the kids are out before anyone is able to touch him/her. Otherwise, the first player to touch the stop light wins the game and earns the right to be the "stop light" for the next game.

31. **Simon Says:** It is a mimic game. One kid is the leader and the other kids follow his/her instructions, but only if the leader starts each direction with "Simon says..." If the direction does not begin with "Simon says..." and a kid follows the instructions, that kid is out of the game. Continue until 1 kid is left as the winner. (i.e. *Simon says... raise your right hand. Simon says... hop on your left foot. Clap your hands. If anyone claps their hands they are out.*)

32. **Skipping:** Have the kids skip around in circles, zig-zag lines, straight lines or a combination of shapes.

33. **Twister:** Use the board game or make your own colored circles and place them on the floor. You can also make your own spinner or draw the colors out of a bowl. The mat has colored circles and the spinner has matching colors. One person is the leader while the others play the game. The leader has the spinner and yells out the color that the kids should place their hands or feet on. If a kid falls or cannot reach the correct color circle, they are out of the game. If it is a 2 player game, the kids cannot use the same circles, otherwise they are out of the game. If more than 2 kids are playing, circles can be shared.

34. **Yoga:** A collection of poses and positions that are done in sequence and provide stress relief, balance, and strengthening. There are multiple styles of yoga. Either search the internet or pick up a DVD for yoga instructions.

35. **Yo-yos:** Teach the children how to work a yo-yo and then start teaching them different tricks like walk the dog, around the world, the elevator, or roller coaster.