



Fun Recreational Activities for Families

We know it's hard to get exercise and fight off boredom when stuck at the house all day. Below are a few activities for families to have some fun and get in some exercise. So turn off the screens and have a good healthy time together!

- Dance off
 - Put on your favorite tunes and get grooving! Have a competition to recreate a dance routine or who can come up with the best dance to a song. Try to dance do an entire song to really work up a sweat.
- Hot Lava
 - Don't get caught by the Lava Monster! Use random objects on the floor (or furniture) to walk on as not to fall in the lava (floor) anyone who touches the floor is caught by the lava monster and must do an exercise (jumping jacks, run in placed, etc.) to escape. Fun tip: change up movements across objects (one-foot hop, tippy toes) for variety.
- Keep the balloon up
 - Don't let it fall! Get the family together and see how long you can keep the balloon from hitting the ground! Use different body parts to keep it entertaining!
- Scavenger Hunt
 - Can ye find the treasure? Parents, create a fun and healthy scavenger hunt around the house. Make a map and let the search begin! Add a little exercise by having active clues or stations were an exercise has to performed (ex. Skip to the next clue and do ten toe-touches) Make the treasure a healthy treat for a fun reward.
- Crab soccer
 - Goal! Clear out the family room, grab a ball and set up some goals (laundry baskets) and let the game begin! Players must be on their hand

and feet only and try to get the ball into the goal. Play with teams or every person for themselves!

- Exercise Charades
 - Can you guess the activity? Play charades the active way by using move movements and sports as clues. A runner, tennis player, hitting a home-run are all fun ideas that get you moving!
- Wacky races
 - Get set, Go! Head out to the backyard and see who can frog-hop or shuffle to the finish line the fastest. Use any fun body movement and make it a relay race with the whole family
- Spider-web escape
 - Can you make it out? Use some string and tape to turn a hallway into a fun and challenging game. See if players can make it through without touching the web!
- Follow the leader exercise class
 - Let's get physical! Create a group exercise class with the entire family. Everyone must follow the movements of the "leader". Give everyone a chance to lead the class! Make a video and share with loved ones!
- Clean-Up Race
 - Who's the fastest? Make clean-up fun! Time kids on how fast they can clean up! Make it fun by adding creative challenges like must skip or no using of hands.