



Summer ACTIVITY CHALLENGE

CHECK OFF EACH ACTIVITY AS YOU COMPLETE IT.

OUTDOORS

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|---|---|
| ☐ Obstacle course | ☐ Run around the house |
| ☐ Nature walk | ☐ Pick flowers |
| ☐ Climb a tree | ☐ Do jumping jacks |
| ☐ Kick a ball | ☐ Explore a new park |
| ☐ Driveway chalk | ☐ Fly a kite |
| ☐ Go for a hike | ☐ Draw with chalk |
| ☐ Roll down a hill | ☐ Go swimming |
| ☐ Make a hideout | ☐ Ride a bike |
| ☐ Draw the clouds | ☐ Watch birds |

INDOORS

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|---|---|
| ☐ Animal walks | ☐ Board games |
| ☐ Couch cushion course | ☐ Catch socks |
| ☐ Balloon toss | ☐ Write in a journal |
| ☐ Bowl plastic cups | ☐ Wheelbarrow walks |
| ☐ Indoor balance beam | ☐ Army crawls |
| ☐ Freeze dance | ☐ Duck duck goose |
| ☐ Yoga | ☐ Wall push-ups |
| ☐ Build puzzles | ☐ Dance party |
| ☐ Hand clapping songs | ☐ Play with stickers |

WATER

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| ☐ Water sensory bin | ☐ Water flowers |
| ☐ Spray bottle art | ☐ Wash a car |
| ☐ Squirt gun painting | ☐ Play in the rain |
| ☐ Paint with water | ☐ Water table |
| ☐ Swim | ☐ Water balloons |
| ☐ Play in a sprinkler | ☐ Play in soapy water |
| ☐ Make a sensory bottle | ☐ Make muddy soup |
| ☐ Make sponge balls | ☐ Bubbles |
| ☐ Play in the hose water | ☐ Sink or float tests |

GAMES

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| ☐ Red rover | ☐ 4 square |
| ☐ Play tag | ☐ Basketball |
| ☐ Hide and seek | ☐ Relay races |
| ☐ Play Uno | ☐ Charades |
| ☐ Play cards | ☐ 7 Up |
| ☐ Soccer | ☐ Mr. Wolf |
| ☐ Catch a football | ☐ Tug of war |
| ☐ Board games | ☐ Lawn tic tac toe |
| ☐ Hopscotch | ☐ Bean bag toss |

MAKE

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| ☐ Torn paper art | ☐ Leaf resist art |
| ☐ Make play dough | ☐ Coffee filter butterfly |
| ☐ Build LEGO | ☐ Toilet paper roll craft |
| ☐ Finger paint | ☐ Paper bag puppets |
| ☐ Make a fort | ☐ Make bird treats |
| ☐ Make a recipe | ☐ Create a song |
| ☐ STEM project | ☐ Write a letter |
| ☐ Make lemonade | ☐ Bake cookies |
| ☐ Paint rocks | ☐ Draw |

IMAGINE

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| ☐ Think of a goal | ☐ Think of a new ending to a movie |
| ☐ Dress up | ☐ Imagine all the things you are grateful for |
| ☐ Make up a play | ☐ Imagine you had \$1,000 |
| ☐ Invent something | ☐ Think of a random act of kindness |
| ☐ Make up a dance | ☐ Imagine you were... |
| ☐ Act out a story | |
| ☐ Write a story | |
| ☐ Imagine a box is a... | |
| ☐ Pretend to be a... | |