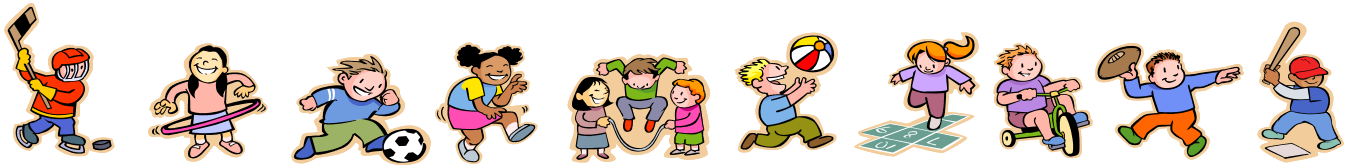

Outdoor Fun with the Family

With just a few toys you already have laying around the house, you and your family can make fun memories while being active and healthy.

- **Pool Noodles**
  - *Tug of War*—this is a wonderful group activity for a family. Try kneeling, standing and sitting. This will allow for different challenges while still increasing muscular strength and endurance
  - *Noodle Limbo* — Fun for the whole family. Adults start by holding the ends of the noodle and the kids take turns walking under the noodle. Place the noodle at various levels to see how low the kids can go without eliminating anyone

- **Hula Hoops**
  - *Hoop Toss*—You will need different household items for this game. Fill a milk jug or 2 liter bottle with sand or something heavy to weigh it down. Then toss the hoop to land around the target. Start close then take steps back to increase the throwing distance
  - *Jumping Around* — lay several hula hoops in a circle. It is okay if they are touching. Each kid stands in their only hula hoop and when the music starts then hop/dance from hoop to hoop. When the music stops then strike a pose, then continue when the music starts again.

- **Beach Balls**
  - *Batter Up* — place a beach ball on top of a cone and allow children to hill the ball with a wiffle ball bat. If there are more children, have them try to catch the ball before it hits the ground.
  - *Musical Beach Ball* — just like in musical chairs, children will dance around until the music stops then will sit on the beach ball. When the music starts again, call out a different action such as skip, jump, gallop, slide, etc. for the children to do while the music is playing.