

Activity Ideas - Overview

FUN ACTIVITIES

Do a puzzle
Build something with LEGO
Go to the park
Ride your bike or scooter
Play a board game
Draw a picture
Color for 15 minutes
Read a book
Build a blanket fort
Play with a (insert specific toy)
Play outside for 20 minutes
Make up a new game
Do a scavenger hunt around the house
Listen to music and dance
Write a short story or comic
Practice a sport skill
Play a card game
Do a craft

HELPFUL CHORES

Put away your toys
Clean your room for 10 minutes
Help unload the dishwasher
Wipe down the table
Feed the pet
Fold a small basket of laundry
Help make a meal or snack
Take out the trash
Sweep or vacuum one room
Match socks
Water the plants

SILLY / FUNNY CHALLENGES

Do the YMCA for the whole family
Do the worm (or try!)
10 jumping jacks
Wall sit for 1 minute
Hop on one foot for 30 seconds
Talk in a silly voice for 5 minutes
Act like an animal of your choice
Tell your best joke
Do 10 silly dances
Balance a book on your head for 30 seconds
Freeze like a statue for 1 minute
Do 5 pushups (or kid version)
Make the funniest face you can
Walk backwards across the room
Sing your favorite song out loud

“WINNER” / PRIZE IDEAS

Pick the next family movie
Choose dessert tonight
Extra 15 minutes of screen time
Stay up 15 minutes later tonight
Pick a game everyone plays
Pick the music for the next hour
Get out of one chore later
Pick what's for dinner (within reason 😊)
One-on-one time with mom or dad

BONUS / MIXED WILD CARDS

Do something kind for someone else
Write a thank-you note
Make a card for someone
Practice gratitude: Name 5 things you're thankful for
Pick another slip (and do both!)

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Write a short story or comic

Practice a sport skill

Play a card game

Do a craft

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Wipe down the table

Feed the pet

Fold a small basket of laundry

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Take out the trash

Sweep or vacuum one room

Match socks

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Do the YMCA for the whole family

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Walk backwards across the room

Sing your favorite song out loud

Pick the next family movie

Choose dessert tonight

Extra 15 minutes of screen time

Stay up 15 minutes later tonight

Pick a game everyone plays

Pick the music for the next hour

Get out of one chore later

Pick what's for dinner (within reason 😊)

One-on-one time with mom or dad

Do something kind for someone else

Write a thank-you note

Make a card for someone

Name 5 things you're thankful for

Pick another slip (and do both!)