

## **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!)

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 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

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

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

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!)