

40+ Fun and Active Things to Do for Free or Almost Free

1. Play catch or roll a ball
2. Go on a nature walk and look for bugs



3. Write shapes or letters on a ball and shout the one you see when you catch the ball
4. Use an old cardboard box to build a car, get in,



stick your legs out the bottom and drive!

5. Put a ball between your legs and try to walk with it



6. Build a balance beam by placing a board on the floor or a wide piece of tape.
7. Help your child walk the "plank"
8. Use a ball as a bowling ball to knock over empty pop bottles
9. Play 'beach ball hockey' with a ball and a pool noodle



10. See how many times you can throw a ball up in the air and catch it
11. Take a blanket to the park and eat lunch,



It's an easy picnic!

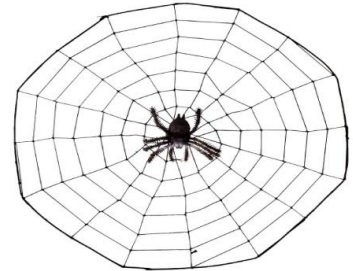
12. Balance a ball on a big serving spoon while walking
13. Play at the water park or wading pool
14. Move a ball around by squirting it with a hose
15. Use a stick as a musical instrument in a marching band
16. Do the Limbo
17. Skip stones across a pond or river
18. Build a teepee with sticks
19. Tie a string on the end of a stick and play with a cat
20. Read a book with your child (or a bunch of children)



21. Put on a stick puppet show for your family and friends

22. Teach your child a nursery rhyme and act it out, try "Itsy, bitsy spider"

The itsy bitsy spider went up the water spout, (fingers crawling up) down came the rain (hands come down) and washed the spider out, (hands go out from your body in a whoosh) out came the sun (the hands go up and move back and forth in the air) and dried up all the rain and the itsy bitsy spider went up the spout again (repeat)



23. Put on some music and dance, rock 'n roll, country or hip hop, kids love it all!
24. Get some sidewalk chalk from the dollar store and find a bare piece of sidewalk to unleash your creative side
25. Use sidewalk chalk to draw out a hop scotch grid put numbers or letters in the squares



26. Paint the fence with an old brush and colored water

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27. Make a paper airplane and fly it around the back yard



28. Draw out a map of your town and travel around, make a game of it, "how can you get to the grocery store from the library?"

29. Collect up small cardboard boxes to design a school, store, garage or zoo.



Decorate with crayons or markers

30. Get your child to help you sweep, shovel or rake
31. Give them their own tools to try
32. Get bubbles at the dollar store, go to the park and blow, blow, blow



33. Spread a blanket on the ground, place a ball in the center of it, take all 4 corners and pick them up. Toss the ball up and down together



34. Use old hats, clothes and shoes for dress up and pretend. An old mirror makes this activity even more exciting. An enthusiastic audience is even better!!

35. Involve kids in cooking, give them a job title like "assistant to the chef", have them find



the ingredients and bring them to you (allow extra time for your cooking job)

36. Blow bubbles and let your child chase and pop them
37. Give your child a variety of objects (eraser, cork, nail, crayon, piece of tinfoil) and a pan of water. Guess which things will sink or float. Talk about why that happens, look up the reason why in a book or on the computer

38. Play indoor "keep away" with a balloon (always supervise balloon play – they are a choking hazard!)



39. Go on a shape or color walk. Talk about the shapes and colors you find



40. Create an obstacle course that includes crawling through, walking under and jumping over
41. Play Freeze Dance- put some music on, dance like crazy and freeze when the music stops!
42. Sing "Head and Shoulders, Knees and Toes", act it out, go faster and faster:

*"Head and shoulders,
Knees and toes
Knees and toes
Knees and toes
Head and shoulders
Knees and toes
Eyes, ears, mouth and nose"*



Have fun, play lots and be active. Play will strengthen your child's thinking, language and physical skills.

If you have questions about your child's development or need more ideas contact:

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