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Ideas for Healthy Family Time

1. Make an Obstacle Course
2. Build and Play your Own Mini-Golf Course
3. Have a Nature Scavenger Hunt
4. Play a girls-against-boys or kids-against-parents game of soccer, flag football, or capture the flag
5. Ride Bikes
6. Clean Up Litter Along Hiking Trails
7. Participate in a Run or Walk for Charity
8. Play Indoor Hide and Seek
9. Build a Blanket Fort & Play in It
10. Make Cardboard Box Cars and Race Them
11. Play music and do a freeze dance.
12. Play Follow the Leader
13. Play Charades
14. Rake Leaves and Jump in!
15. Walk the Dog
16. Wash the Car
17. Plant a Family Tree
18. Try a Rock Climbing Wall
19. Play Laser Tag
20. Play on a Playground your Kids Haven't Been to Before

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