

Physical Activities for Kids and Families

Dance Parties

Turn on your favorite music and dance to get your heart pumping! Kids and adults need to move their bodies even if they can't spend time in a park or playground. Make this activity special by choosing a playlist together. Blast the music, and let them shake the sillies and extra energy out!



Get Outside For Some Fresh Air!

Take a break from indoor activities and get outside for a breath of fresh air. Spend some time in your backyard or take a short walk in your neighborhood while maintaining physical distance from others.



Bike Ride

Enjoy a short bike ride with members of your household. Make sure to wear your helmet and maintain physical distance from others.

Yoga and Other Free Online Workouts

Try a free online workout or virtual yoga instruction. Get the kids and family together to make up your own workout or dance routines. Regular physical activity can improve your mood and energy level and can help you fall asleep faster, get better sleep and deepen your sleep.



Hopscotch

Hopscotch is a fun activity for kids of all ages to participate in and enjoy. Learn to play its many variations and get hopping! With some chalk, kids can set up a hopscotch course easily while at the same time they can beautify the sidewalk with cheery messages and art for neighbors to enjoy.



Go on a Stuffed or Toy Animal Hunt in Your Neighborhood

During this time of physical distancing, families in neighborhoods have created neighborhood stuffed animal hunts. Neighbors place a teddy bear or other stuffed animal or toy in their window to cheer up kids that are out on a stroll with members of their household. Kids then count how many stuffed animals they see in windows. This activity is easy and kids have fun by keeping an eye out for any number of stuffed animals that have been put on display in windows.



Sidewalk or Driveway Obstacle Course with Chalk!

Creating an obstacle course in your driveway or on the sidewalk in front of your home is an activity little kids and big kids alike can enjoy. Using chalk, you can create any design or pattern, you can include zig zags, spirals, loops, arrows to follow, shapes and boxes to hop into, lines to jump over, "balance" beams to maneuver by placing one foot in front of the other. You can make your course as long or as short as you want.

