

Recipe for an active summer

Kids need active play every day, especially during summer holidays. Keep kids active with these thematic suggestions. Try picking ideas from the activity menu below each week!

Week 1: Oh Canada!

- build an inukshuk
- juggle red and white balloons
- play ball hockey
- toss water balloons
- use chalk to draw a maple leaf on the sidewalk
- go strawberry picking



Week 2: Under the sea

- visit a local pond, creek, lake or ocean and throw stones into the water
- go to the beach and build a sandcastle
- crab walk
- keep cool at your local water park

Week 3: Nature lovers

- camp in the backyard
- climb a tree
- meditate
- collect bugs in a jar and take a closer look through a magnifying glass
- paint using items like tree bark, flower petals, pinecones



Week 4: On the farm

- play duck, duck, goose
- visit a petting zoo
- plant late-summer veggies
- gallop like a horse
- visit a farm



Week 5: Staycation

- build a fort
- visit a splash pad
- build an obstacle course
- water fight
- have a picnic
- make mud pies in the backyard



Week 6: Animal friends

- go to your local zoo or petting zoo
- bear crawl
- create animal-inspired art
- hop like a kangaroo
- run like a cheetah

Week 7: Exploring

- scavenger hunt
- bike ride
- geocaching
- nature walk
- play hide and seek
- explore your neighborhood on a bike, scooter, rollerblades or skateboard



Week 8: Rock and roll

- make homemade instruments
- freeze dance
- roll down a hill
- dance party



Active play, every day is good for everyone's body, brain and mood. For more ideas on ways to play this summer, visit activeforlife.com