

30 Fun Summer ACTIVE-ities for Kids



Run through the sprinkler

Throw a ball

Make an obstacle course

Make a mud pie



Go for a bike ride

Play hide and seek

Dance in the rain

Visit a splash park

Learn to jump rope

Fly a kite or paper airplanes

Visit a playground

Walk on tin can stilts

Go on a nature walk

Try lawn bowling

Build a sandcastle

Jump in a puddle



Try to Hula Hoop

Do a bean bag toss

Play with sidewalk chalk

Build a fort

Climb a tree

Play Frisbee

Blow bubbles

Go treasure hunting

Kick a soccer ball

Try to juggle

Play water tag

Walk on a log or balance beam

Swing on monkey bars

Go on a scavenger hunt

