

# 13 FUN IDEAS

## OUTDOORS WITH YOUR FAMILY

Getting outside to enjoy fresh air and exercise, while maintaining distance from other people during this time, supports our physical and mental health. Of course, family walks are wonderful, but uncertain times also call for creativity.

Here are some ideas for fun, outdoor family adventures!

1. **Build a fort.** Use branches, cardboard, old blankets, or other things you have on hand. Your fort can be a great place to play restaurant or cafe´ and enjoy a healthy snack together.
2. **Ride bikes.** Now is a great time to explore new bike trails in your community.
3. **Go on a scavenger hunt.** Make your own, let the kids come up with ideas, or find one online. Now is a good time for spring scavenger hunts.
4. **Go on a picnic.** Pack up some snacks or a meal, a blanket or towel to sit on, and enjoy your food outdoors together.
5. **Do a silly photoshoot.** Make funny faces, or even craft your own props. Send the photos to family and friends to include others in the fun! Share your pictures on social media!
6. **Get active with the classics.** Play a game of tag, kick-the-can, hide-and-seek, duck duck goose, or other classic favorites! Share a "new" game from your childhood.
7. **Get artsy.** Bring your favorite art materials outside and draw, paint, or shape from clay what you see.
8. **Story time.** Spending time outdoors does not always mean being active. Enjoy family story time, and get kids involved by having them read or acting out the story.
9. **Staycation.** If you have a backyard or access to an appropriate space, pitch a tent and enjoy a staycation. You could stay for a short period of time, or even spend the night in the backyard.

While enjoying these activities, remember to protect your health and other's health by keeping your distance.