

Family



Activity

Sheets

Patricia A. Kimbrell, M.Ed.
San Diego State University

Family Activity Sheet

Play is fun for the whole family! Try to practice any/all of the following activities or games with your child as much as you can. Schedule a movement time that lasts for 15-20 minutes. Be creative! Have fun with your child(ren) as you play and learn together!

Activity #1

Jumping Activities - Gather different items easily found in your home (pillows, sponges, container lids, etc.) and practice jumping over the item(s). To jump correctly is to jump with both feet together and land with both feet together. How many jumps can you or your child make?

Activity #2

Cottonball Relay - Using cottonballs, spoons, and a large bowl, have a relay race. How quickly can you get a cottonball on a spoon, carry it across the room, and drop it in a large bowl? Keep going until the cottonballs are all transferred or set up the game with a specific time limit (30 seconds or 1 minute). Count all the balls together.

Activity #3

Sidewalk Art – Get out some chalk and draw different bunnies or eggs on the sidewalk. Try to jump from each drawing. Draw egg shapes in a crazy path and have your child(ren) figure out which egg shape to jump to next. Once completed, how quickly can everyone go from egg to egg and finish the path? Is there another way to get from egg to egg?

Family Activity Sheet

Playing together builds strong families. Try a few of these activities when the weather heats up! Schedule a movement time that lasts for 15-20 minutes. Have fun with your child(ren) as you play and learn together! *Get ready to be wet!* Don't forget the sunscreen!

Activity #1

Sponge Play - Gather as many sponges that you have. Get them wet and play a variety of activities outside.

Make shapes (squares, circles, triangles) on the sidewalk and then practice running or jumping from wet shape to wet shape. To jump correctly you need to jump with both feet together and land with both feet together. How many jumps can you or your child make?

Sponge Balls - Using sponges cut into long strips and tied together with a zip tie, wet the sponge balls and try to toss and catch them. The wetter the better!

Sponge Ball Target - Still using the wet sponge balls, try to toss the sponge balls into a large bowl or small trash can. Try different tosses (underhand, overhand, between the legs, etc.) and different positions or distances from the target.

Activity #2

Sprinkler Play - If sprinklers are available, have "Sprinkler Time." Chase your child in/around/over the sprinklers. Have your child be the leader and you follow. Keep the movement going as everyone runs through the sprinklers!

Family Activity Sheet

Play is a child's work! Try to schedule some time every day to play with your child(ren). Schedule a movement time that lasts for 15-20 minutes, preferably outdoors. Put on some sunscreen, a visor/hat and have some fun! If the weather is warm enough, add some water for some real excitement. Invite friends to play along as well.

Activity #1

Water Paint Brush Art - Using old paintbrushes and some water, design shapes (circle, square, triangle) on your patio/driveway/sidewalk. Have you and your child(ren) walk/run/gallop to different shapes. See who can get there first. If shapes are close enough, can you jump/leap to the next shape?

Activity #2

Sponge Activities - Using different types of sponges (try the big carwash type) found in your home, outside water play can be fun! Have water relay races. Using a large bowl (or small trash can) that has water in it, see how quickly you can transfer water from the water bowl to the other bowl/cup that is empty. Keep repeating until the little bowl is full. Go quickly!

Activity #3

Sponge Ball Tosses - Using homemade sponges that have been made into sponge balls, try tossing and catching some wet sponge balls. Begin tossing to self first, then try tossing and catching with a partner or in a small group (if siblings or friends are available).