

Summer Guide to Get Outside



EXPLORE LOCAL PARKS

Make a list of local parks to visit by foot or on wheels & then go enjoy them. Post your list so kids can check them off one by one. Encourage journaling to capture the memory & promote writing.



JUMP ROPE

It's good for the heart & allows us all to feel like kids again. Remember those jump rope songs? Your kids will love them, too.



NEIGHBORHOOD GAMES

Games like Kick the Can mustn't be lost to today's youth! Teach kids the rules & watch them giggle as they run all over the neighborhood. Depending on their age, you may need to establish boundary lines prior to the game



HULA HOOP

Hula hoops can be used in many ways. Provide a hula hoop for your children & have them count the ways they use it.



GEOCACHING

Never heard of it? It's time you did! Watch children's faces light up when they finally find the hidden treasure. Don't forget to leave one in its place. A little research is all you need to get started on these special treasure hunts.



POST DINNER WALKS

There are always reasons not to make these happen, but there are more reasons why you should. Set a realistic goal: walk as a family after dinner more evenings than not.



RIDE BIKES

A great option for leisure or active transportation, bike riding is always a good idea. Don't forget your helmet!



CANOEING

There is nothing quite like the peaceful feel of being on the water. Whether it be spotting turtles or enjoying the landscape, give it a try and we know it will be a special summer memory. Don't know where to start? Call your local recreation department today as they likely can support you.



SWIMMING LESSONS

Decrease risk during the summer by helping children develop swim skills. It can save a young life, and open the door to triathlons, water polo, and swimming for fitness in years to come.



ACTIVE TRAVEL KIT

Throw some gloves, balls, & jump ropes in a bag for your car. You'll be thankful you did while waiting for another child at an activity or when traffic is so bad you want to stay put and enjoy the evening with a loved one rather than on a highway.



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