

ACTIVITY JAR FOR KIDS

Cut up the activities into strips of paper and then put them in a jar, or you can glue them to popsicle sticks and then put them in a jar.

The first few pages of activities are not put into any specific category. The lists at the end of this packet are categorized by indoor and outdoor activities.

Also included in this packet are some templates or printables to assist in some of the activities from the jar. The following are included:

- Don't Eat Pete Printable
- Outdoor Scavenger Hunt
- Indoor Scavenger Hunt
- Dice Activity Game instructions and Ideas
- Dance Party ideas
- Hide and seek ideas and alternatives
- Star Gazing
- Sidewalk Chalk creative ideas
- Paper airplane instructions
- Hangman template
- Tic Tac Toe

Draw a self portrait

Pillow Fight

Put on a fashion show

Yoga

Build an Obstacle course

Build a tower with playing cards

Indoor Hopscotch with scotch tape

Water bin with toys

Play long jump

Walk like an animal

Sack race

Scavenger Hunt

Cloud Watching

Toe Fencing

Water Bucket Relay

Corn Hole

Heart Attack Someone

Make Something out of Cardboard

Dice Exercise Game

Play Doctor

Timed races

Build with uncooked pasta and marshmallows

Play with Sidewalk Chalk

Paint Rocks

Duck Duck Goose

Play with Water Balloons

Tag

Catch Fireflies

Wash the Car

Play a board game

Play 20 questions

Read a book

Visit the Library

Have a "snowball" fight with sock balls

Dance Party

Play I Spy

Bake Together

Let your child do your hair and make-up

Look through old photos together

Make a fort

Play Simon Says

Play Charades

Play Hot Potato

Play keep the balloon in the air

Play tic tac toe

Sensory Bin

Count Coins/Play with coins

Make a paper chain

Mother May I

Make a paper airplane

Run and Jump in the Leaves

Have a Tea Party

Learn to cook something

Write a letter to a loved one

Write a story together

Do a play together

Make a Thankful Jar

Play Hangman

Go to a park

Make a bucket list

Knock down dominoes

Waste paper basketball

Make a collage

Play with bubbles

Hide and Seek

Catch balls in a cup

Cut out a snowflake

Family walk or bike ride

Bug hunt

Play Don't Eat Pete

Star Gaze

Pick up litter

Plant something

Picnic

Pick flowers

Finger Paint

Color Together

Play War with cards

Make a fortune teller

Cut out shapes from watermelon with cookie cutters

Play paper football

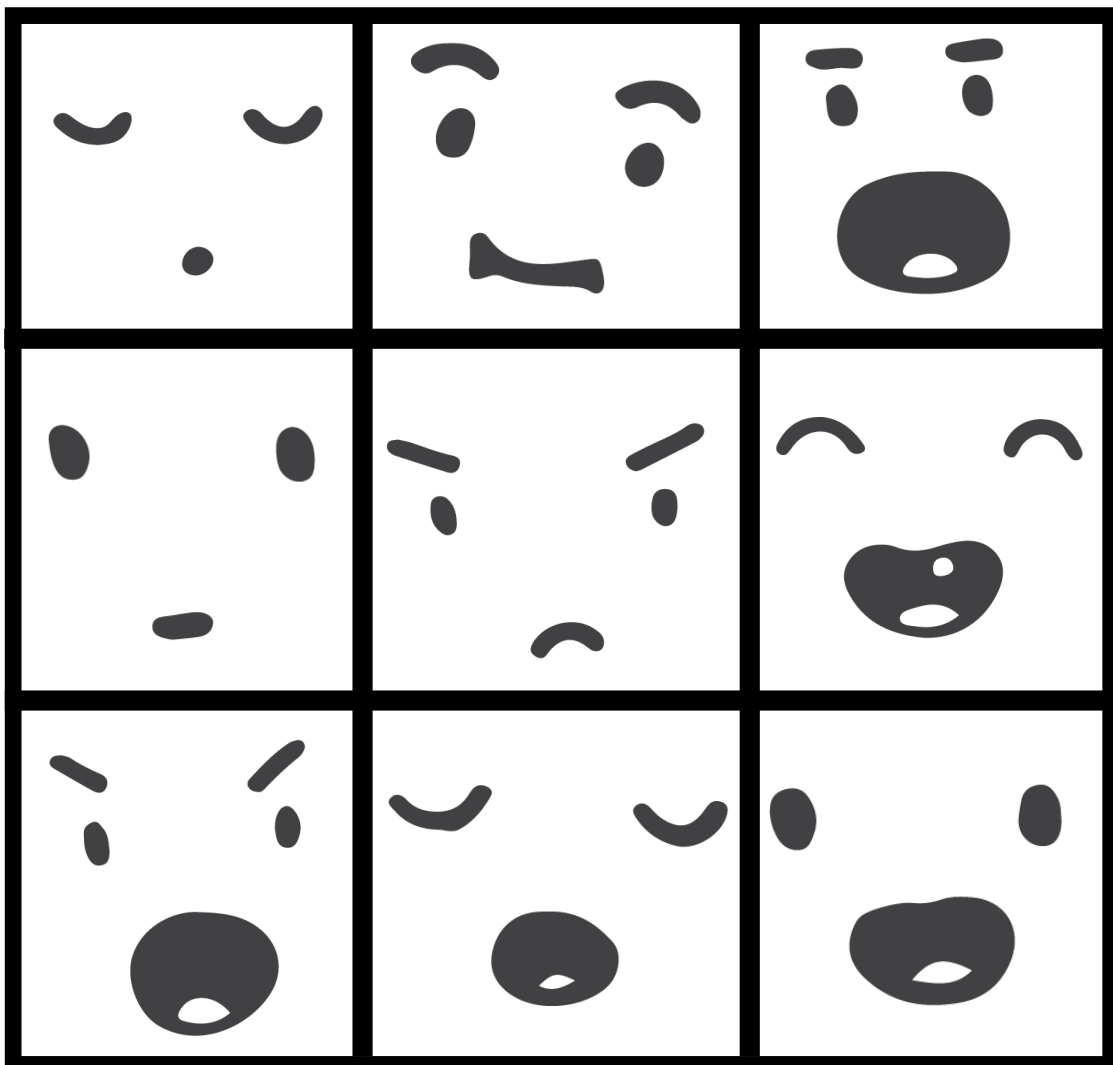
Do a lemonade stand

DON'T EAT PETE

Instructions:

How to play:

1. Put one piece of candy on each square.
2. Send a person out of the room.
3. Pick a piece of candy on the grid to be Pete.
4. The person comes back in the room, but don't tell them which one is Pete.
5. The "it" person picks up candy one piece at a time. If the candy is not Pete, the person is allowed to eat it. If the candy is Pete, everyone yells "DON'T EAT PETE!" and that person's turn is over.



Nature Scavenger Hunt

Ways to use this Scavenger Hunt:

- Go on a hike and have the kids point out the things on the list they see as they walk. (This makes hiking not so "boring")
- Have them collect as many items from the list that they can. Points for creativity. (Obviously some of those you can't pick up.)
- Turn it into a competition and split up into teams to find the items. Cross them off as you go and see who can do it the fastest.
- Take pictures of all the items you can find. Be creative, and make sure you are in the picture somehow. You can also turn this into a competition.



Nature Hunt



ROCKS

PINE NEEDLES

STICKS

MUD

ANT HILL

WATER

BIRD

MUSHROOM

SQUIRREL

FLYING BUG

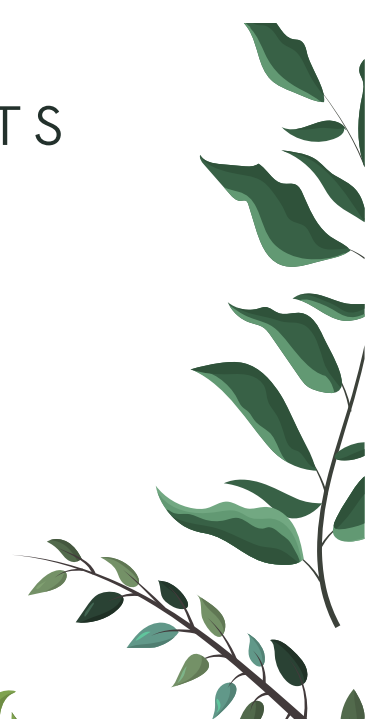
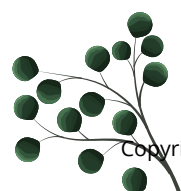
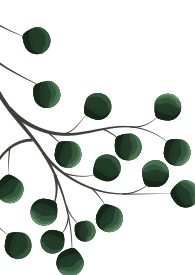
ROLLIE POLLIE

BROWN LEAF

FLOWER

ANIMAL
FOOTPRINTS

PINECONE



Nature Scavenger Hunt



Rock



Leaf



Pinecone



**Pine
Needles**



Sticks



Flower



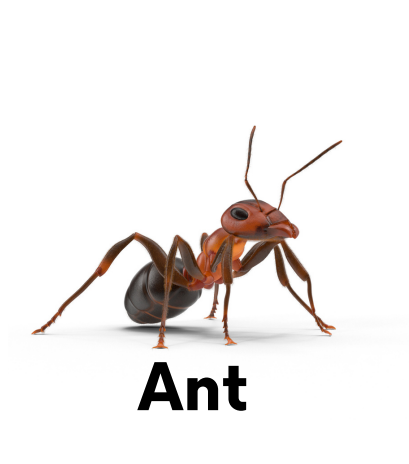
Grass



Tree



Bark



Ant



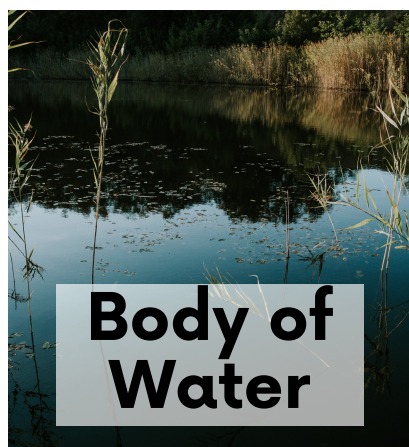
Bird



Squirrel



**Rollie
Pollie**



**Body of
Water**



Mud

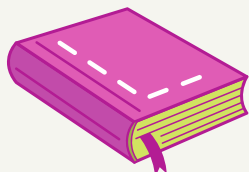


Ant Hill

INDOOR/HOUSE SCAVENGER HUNT



Stuffed Animal



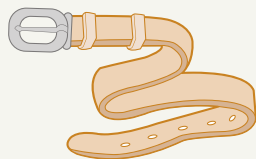
Book



Fruit



Shoes



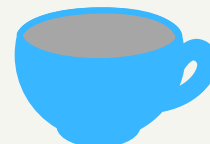
Belt



House plant



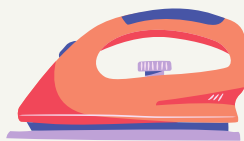
Pen



Mug



Spoon



Iron



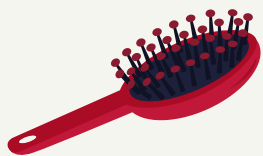
Bobby Pin



Scarf



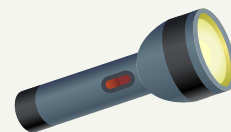
Family Picture



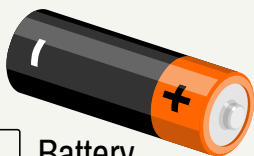
Brush



Clothespin



Flashlight



Battery



Shampoo



Hanger



Toy Car

Dice Number activity game



Supplies:

- Dice

Instructions:

Start by assigning an activity to each number on the dice.

For example, 1 = 1 push up, 2 = 2 hops, etc.

Take turns rolling the dice and everyone does the activity. This is a great activity for when kids need to burn some energy.

Below are some activities you can use.

This makes a great learning activity for kids to learn their numbers!

Ideas:

- You could use 2 dice if you want 12 different activities.
- Run around something
- Jumps
- Hops
- Push ups
- Squats
- Walk
- Skip
- Touch your toes
- Reach for the sky
- Crawl
- Sneak
- Act like an animal



DANCE PARTY

MATERIALS:

- YouTube
- Kids ready to dance

INSTRUCTIONS

We like to do a dance party when the kids have a bunch of energy they need to release.

Turn on YouTube and search for Kid Bop Dance Along. They give simple instructions for kids to follow and dance along to.

You could also just turn on music and dance like crazy. The kids love it when you join in.

You could add Karaoke as well.



HIDE AND SEEK

MATERIALS

- Yourself
- Some good places to hide



INSTRUCTIONS:

One person needs to be designated as the seeker. They close their eyes and count (slowly!) to twenty (or more if desired) out loud.

While they're counting, the rest of the players scatter and find hiding spots. Once the seeker has finished counting, they can go and look for the other players.

You can either take turns being the seeker or you can have the first person to be found be the seeker for the next round.

VARIATIONS:

- Turn it into hide and seek tag. Once the person is found they have to run back to where the seeker counted to be safe. The person who is tagged first becomes the seeker next.
- This is a fun party game, or invite friends over to play.
- Play it sardines style, which is hide and seek in reverse. One person hides and then everyone tries to find them. Once you find them, hide with them. The last person to find them because the next hider.
- Another version is once the seeker finds the hider they help him/her find the other players.
- Play hide and seek, but with a water gun. You squirt them once you find them.
- Play where you can move around and not just hide in one spot.
- Play at night with a flashlight.

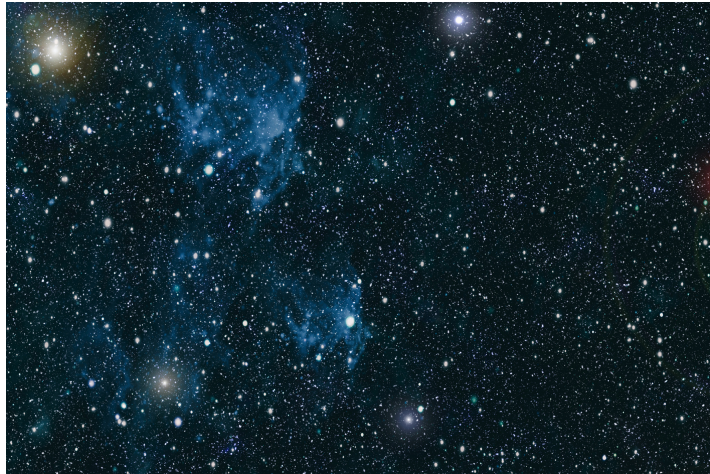
STAR GAZING

MATERIALS

- A starry, warm night

INSTRUCTIONS:

Go out on a starry, warm night, lay down, and look up at the stars. I included a constellation guide of the easy ones if you want to look for them, otherwise there are some ideas listed below.



IDEAS:

- Bring snacks
- Wish upon a star
- Talk about goals and wishes for the future
- Try to find flying planes or satellites
- Buy a telescope to get a closer look
- Talk about God
- Take lots of pillows and blankets to lay on
- Draw what you see
- You can also download these apps to help you explore the sky:
 - SkySafari
 - Star Tracker
 - Google Sky

SIDEWALK CHALK FUN

MATERIALS

- Sidewalk Chalk
- Sidewalk

INSTRUCTIONS:

Buy some sidewalk chalk from the store. You can get this at the dollar store.

You can just let the kids draw or you can do several different activities.



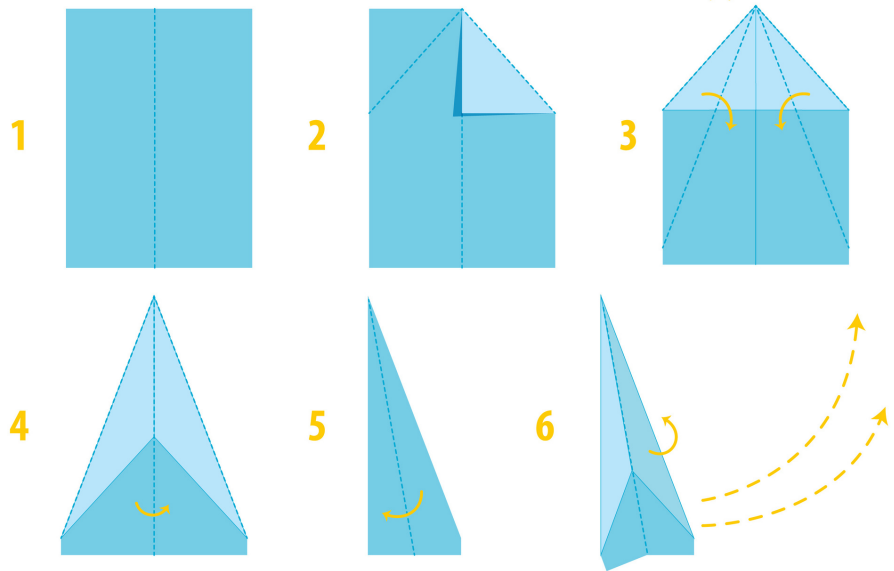
ACTIVITY IDEAS:

- Make a "stained glass" sidewalk by using masking tape to tape off shapes. Let the kids color in the sidewalk around the tape. Remove the tape, and you have something pretty.
- Make a hopscotch
- Write inspiring messages. You could also go on a walk with the chalk and write inspiring messages.
- Make an obstacle course. Draw circles that they have to hop to, lines they have to run across, or spots they have to weave in and out of.
- Make circles and then have them toss bean bags from a certain distance.
- Write down the ABCs scrambled all over the sidewalk and then have your child find them in order. This one is great for preschoolers.
- Trace your body on the sidewalk and then color yourself in.
- Draw a big scene and then take pictures of yourself in it.
- Make a little track for their toy cars.
- Make your chalk wet and then color with it.



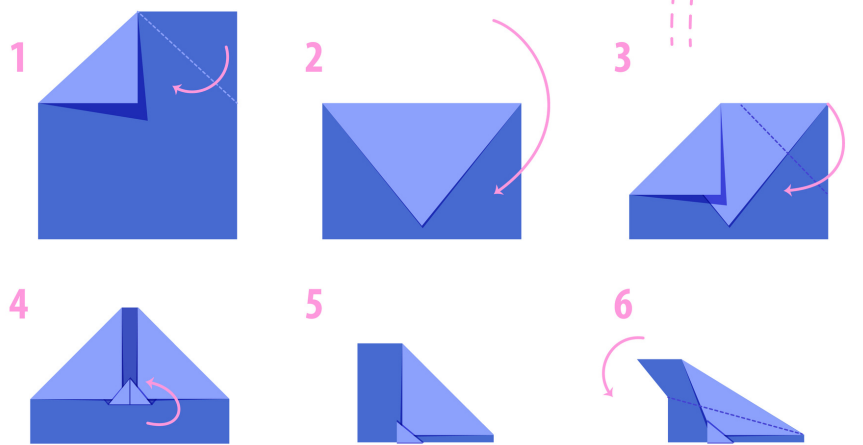
INFOGRAPHIC

How to make paper airplane



INFOGRAPHIC

How to make paper airplane



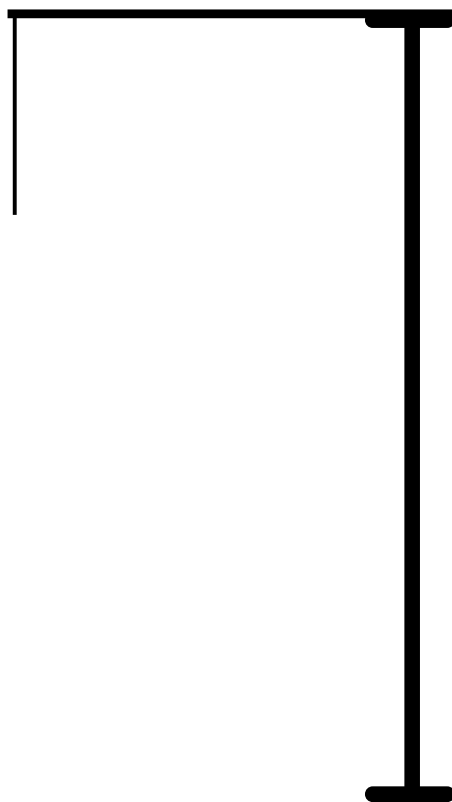
HANGMAN

A B C D E F G

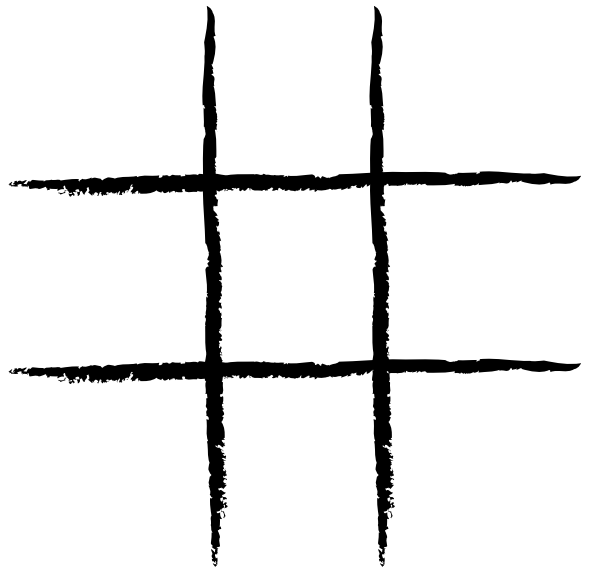
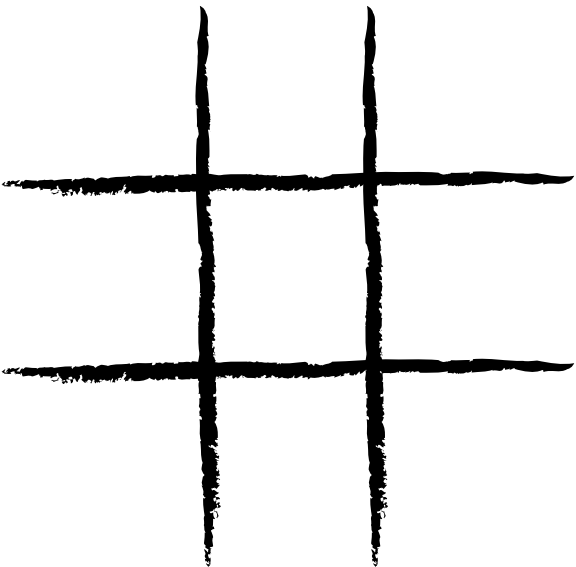
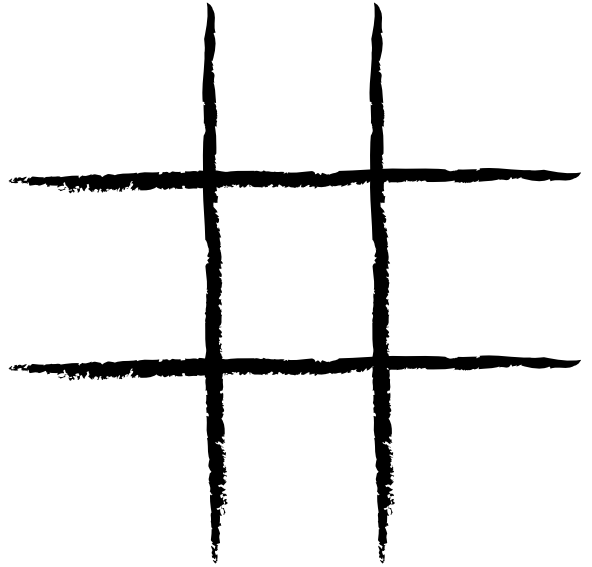
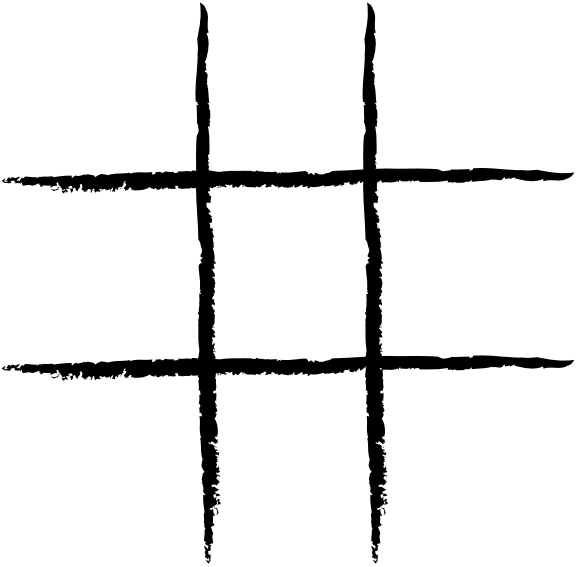
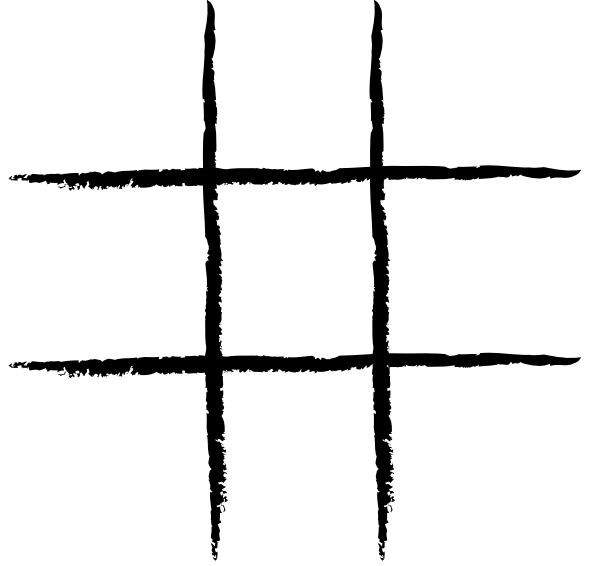
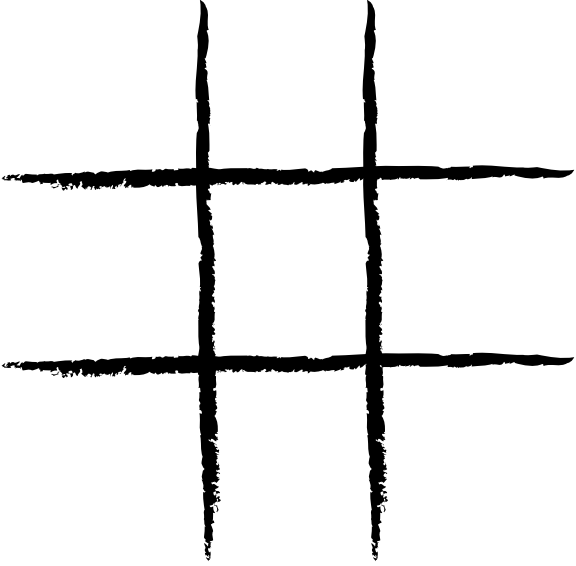
H I J K L M N

O P Q R S T U

V W X Y Z



TIC TAC TOE



**INDOOR KID'S
ACTIVITY JAR**

Draw a self portrait

Pillow Fight

Put on a fashion show

Yoga

Build an Obstacle course

Build a tower with playing cards

Indoor Hopscotch with scotch tape

Walk like an animal

Indoor Scavenger Hunt

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Make a bucket list

Play a board game

Knock down dominoes

Waste paper basketball

Make a collage

Play with bubbles

Hide and Seek

Catch balls in a cup

Cut out a snowflake

Play Don't Eat Pete

Finger Paint

Color Together

Play War with cards

Make a fortune teller

Cut out shapes from watermelon with cookie cutters

Play paper football

**OUTDOOR KID'S
ACTIVITY JAR**

Play with Sidewalk Chalk

Paint Rocks

Duck Duck Goose

Play with Water Balloons

Tag

Catch Fireflies

Wash the Car

Do a lemonade stand

Play with bubbles

Hide and Seek

Catch balls in a cup

Family walk or bike ride

Bug hunt

Star Gaze

Pick up litter

Build an Obstacle course

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