



Activities for Kids



Alphabet Scavenger Hunt

Challenge someone to an alphabet scavenger hunt. Have each child write the letters on paper or line up their findings. Start with the letter A and get to Z or work backwards! Keep track of who is the first to find each item to see who wins.

Chopped: Friends Edition

Determine a list of random ingredients that everyone has in their kitchen. Set a timer and race to see who created the most creative final product. Facetime each other and show the results. Don't forget to comment on how the creation actually tastes!

Geocaching

Download the Geocaching app ([geocaching.com](https://www.geocaching.com)) and set out to find the hidden treasures using the GPS from your phone and the clues provided!

Hide and Find

Secretly hide an object in a friend's yard for them to find. Let them know what is hidden. Once found, have them return the favor! Sweeten the deal and if they find it by a certain time, they win a prize!

Hide Painted Rock

Paint/Decorate rocks of various sizes and hide them in the neighborhood or around town. Consider setting up a special email for the finder to send a message of where the rock was found and if they kept the rock or hid it again. Write the email address on the bottom of the rock. Put out a message on the Next Door App to encourage participation

iNaturalist app

Download the app and when out walking, look for plants, flowers, bugs, and animals. Take a picture and the app pulls up a list of items that look like what is discovered. Select the one that fits best and learn!

Leaf Confetti

Search for leaves on the ground and collect them. Use paper punches and cut out different shapes of confetti. Gather the confetti in a container and when ready toss it in the air or make different art designs out of the confetti pieces.

Lego Challenge

Watch an episode of Lego Masters and then create your own masterpiece with Legos. Facetime friends and have a competition.

Lunch Doodle with Mo Willems

Read one of Mo Willems books and then spend some time with him doodling and learning to draw.

Nature Art

Find things in nature and get creative by making art out of the findings.

Pay it Forward

Create pictures/paper flowers or other random surprises with a nice note and leave them on the porch of a neighbor to spread some random good cheer.

Pen Pals

Write letters, poems, stories, or creative art and mail to friends, relatives, or contact the senior center, nursing home, assisted living, or the children's hospital for a possible pen pal.

Outdoor Games

Bocce Ball

Corn hole (beanbag toss)

Frisbee

Kickball

Horseshoes

Pool Noodle Tag (can only tag with the end of the pool noodle)

Washer toss (two boxes and a container in the middle of the box. Washers are \$7.00 on Amazon)

For other resources, go to: [wellfirsthealth.com/realgoals](https://www.wellfirsthealth.com/realgoals)

For help to translate or understand this, please call (800) 279-1301. (TTY dial 711)