

At Home Activities

Get active!
Get outside!
Get going!

Cut out and place each square in a cup. When you feel like doing something fun, pick a square from the cup and get busy!

Bike with a buddy to the closest field or park. Have a footrace when you get there. GO!

Draw a map of your community. Add your house, parks, schools, bus stops, and more!

Walk to the park that is nearest to your home. Bring a picnic!

Have a Fast WALK Race. (No running!)

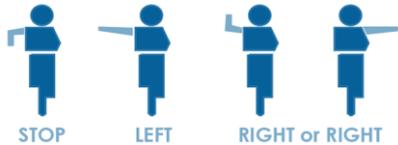
Walk to your school and count how many bikes you see along the way.

Decorate your bike helmet or walking shoes.

Run a mile and time it. 1 mile = 4 laps around a track

At a park or on a quiet street, practice riding a bike in a straight line while quickly glancing behind you to check for cars.

Practice hand signals. Try using them on a bike while riding in a park or quiet street.



Make RED LIGHT and GREEN LIGHT signs. Then play "Red Light Green Light!"

Have a SLOW Bike Race. Mark START and FINISH lines. See who can bike it the slowest!

Learn the sign for BICYCLE in American Sign Language



Find more signs online!

Count how many animals you see on a 15-minute walk. (Don't forget to look up!)

Read a book about your favorite sport or hobby.

Draw a picture about why you like to ride a bike.

Wash your bike. Make it shine!

Jump rope for 5 minutes.

First!

Get permission from a parent or caregiver before starting any of these activities!

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