

**Easy at
Home
Activities
for Your
Kids**

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Pool Games

- Red Light/Green Light
 - Designate someone who is “it.”
 - Have the “it” person stand/sit on the edge of the pool and call out the commands.
 - The players all go to the opposite side of the pool.
 - Commands:
 - “Green Light” → All the kids swim towards the “it” person.
 - “Yellow Light” → All the kids slow down a little, but keep swimming toward the “it” person.
 - “Red Light” → All the kids in the pool must freeze till “Green Light” is call again.
 - If players move when they are supposed to be frozen they must go all the way back to the starting point.
 - First player across the pool wins and is the new “it” person.
- Marco Polo
 - Designate someone who is “it.”
 - “It” person will keep their eyes closed and swim around the pool trying to tag players.
 - The “it” person should say, “Marco” and the players must all respond, “Polo.” This allows the “it” person to try to find the players with their eyes closed.
 - If you are tagged you are the new “it” person.
- Sharks and Minnows
 - Designate someone at the “Shark.” The shark should be located at one side of the pool while the other players, the “Minnows,” are on the opposite end.
 - The shark must say out loud, “Sharks and Minnows, One, Two, Three Fishies, Fishies Swim to me!” and the minnows must swim towards the shark, trying to avoid the shark.
 - The shark must try to tag the minnows. If tagged the minnow becomes a shark too and the cycle starts again.
- Categories
 - Designate one person to be “it.” This player is at one side of the pool holding on to the wall. The rest of the players are at the opposite side of the pool also holding on to the wall.
 - The “it” person chooses a category such as: cars, ice cream flavors, board games, movies, colors, etc. Each player must come up with one item that fits the category. When everyone has an answer, the “it” person must start trying to guess the items in that category.
 - If the “it” person calls out the item someone has that player and the “it” person must race across the pool to the opposite sides. The person who wins is the “it” person for the next round.

- Fish Out of Water
 - Designate one kid to be “it.” This person may move around the pool but must keep their eyes closed, unless under water.
 - The rest of the player move around the pool, getting in and out of the pool.
 - The “it” person calls, “fish out of water,” if they think players are out of the pool.
 - If they catch someone out of the pool that person becomes the new “it” person.
 - If more than one player is caught out of the pool have them play rock, paper, and scissors to decide who will be the next “it” person.

- Popsicle
 - Freeze tag in the pool.
 - If tagged by the “it” person they must stand straight, with their legs spread far enough apart for someone to swim under them, and their hands straight up in the air. To unfreeze someone you must swim under their legs.

- Follow the Swimmer
 - Designate someone to be “it”
 - “It” person stands at one side of the pool facing the rest of the player.
 - Players have to copy what the “it” person does exactly, if they don’t than they are out.
 - Designate someone to be the “watcher” to call players out when they don’t copy exactly.

Theme Activities

Superheroes

Games

- *Building a Superhero Hideout*
 - Using materials in your playroom or living room let the kids build their very own “Superhero Hideout” or “Supervillain Lair.”
 - Great materials to use are chairs, couch cushions, sheets/blankets, & pillows.
 - Bonus: Towels make great superhero capes!

- *Superhero Treasure Hunt*
 - Adult to pick an objects that will “save the day” and hide it either outside or indoors. The little superheroes can hunt for it to SAVE THE DAY!

- *Kryptonite Pick Up*
 - Like an egg hunt with green rocks, beach shovels and sand buckets.

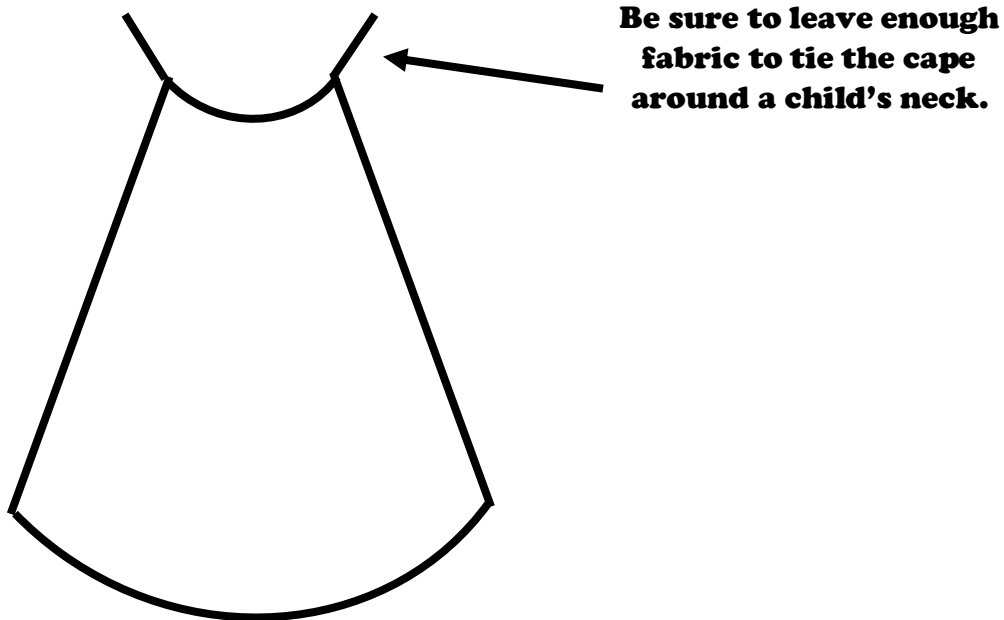
- *Catch the Villain*
 - The materials needed are hula hoops and a bag with “treasure” in it. One person is the villain with the treasure bag. Kids try to catch the villain with the hula hoops, similar to tag.

- *Super Power Obstacle Course*
 - Super Strength- Busting through a wall of toy blocks.
 - Super Speed -Running through series of hula hoops on the ground.

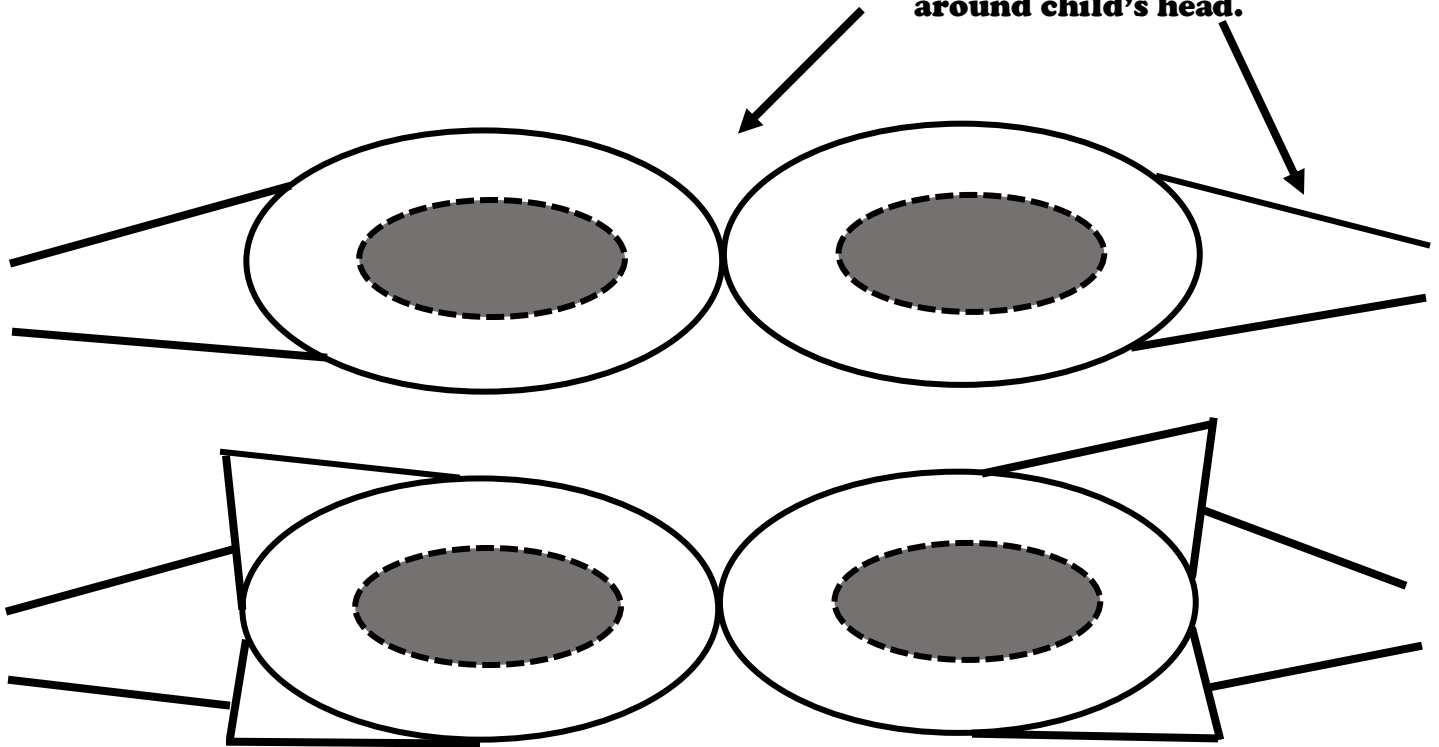
- Super Jump/Flying-Jumping from cushion to cushion.
- Storm Breathing- Bubble blowing
- Shield Throwing- Throw Frisbees
- *X-Ray Vision*
- Put objects in brown paper bags and have kids use their “x-ray vision” to guess what’s in the bag.

Crafts

- DIY Superhero Capes and Mask
 - Materials:
 - Fabric:
 - Old Towels, blankets or shirts
 - Fabric bought at craft store
 - Markers
 - Fabric Paint
 - Decorating items: stickers, patches, or glitter all work great!
 - Scissors
 - Fabric glue or hot glue (adult assistance required)
 - Cardboard to put under mask/cape while decorating.
 - Example of cape and mask shape



When cutting out a mask an adult can cut out the eye holes along the dotted line. Don't forget to leave enough fabric to ties mask around child's head.



*****A great way to incorporate all of the Superhero activities is to hold "Superhero Training Academy" They can start by making a cape and mask, draw themselves and friend as superheroes, pick all their "superhero powers", and then go through all of the games listed as their "Academy Training." Creating a graduation certificate is a great way to complete an afternoon of superhero fun!***

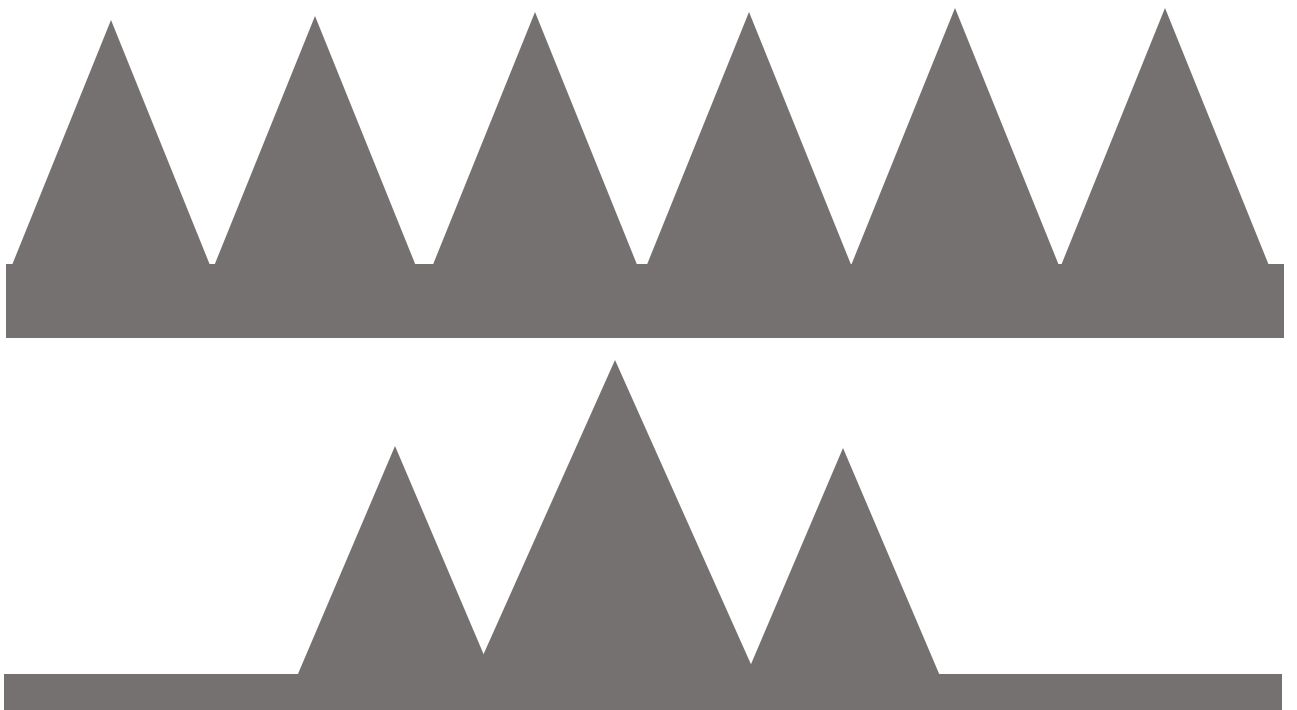
Princesses

Games

- Princess/Prince of the Ball Game
 - Freeze Dance with a royal flare! Great time do break out those Princess dresses!
- Sleeping Beauty
 - *Great game for when kids are getting tired!*
 - Have all the kids lay on the floor on their backs and be very still.
 - The Queen or King watches to see if anyone moves. When someone moves they are out and join the Queen/King to watch and call people out. Last person left is Sleeping Beauty.

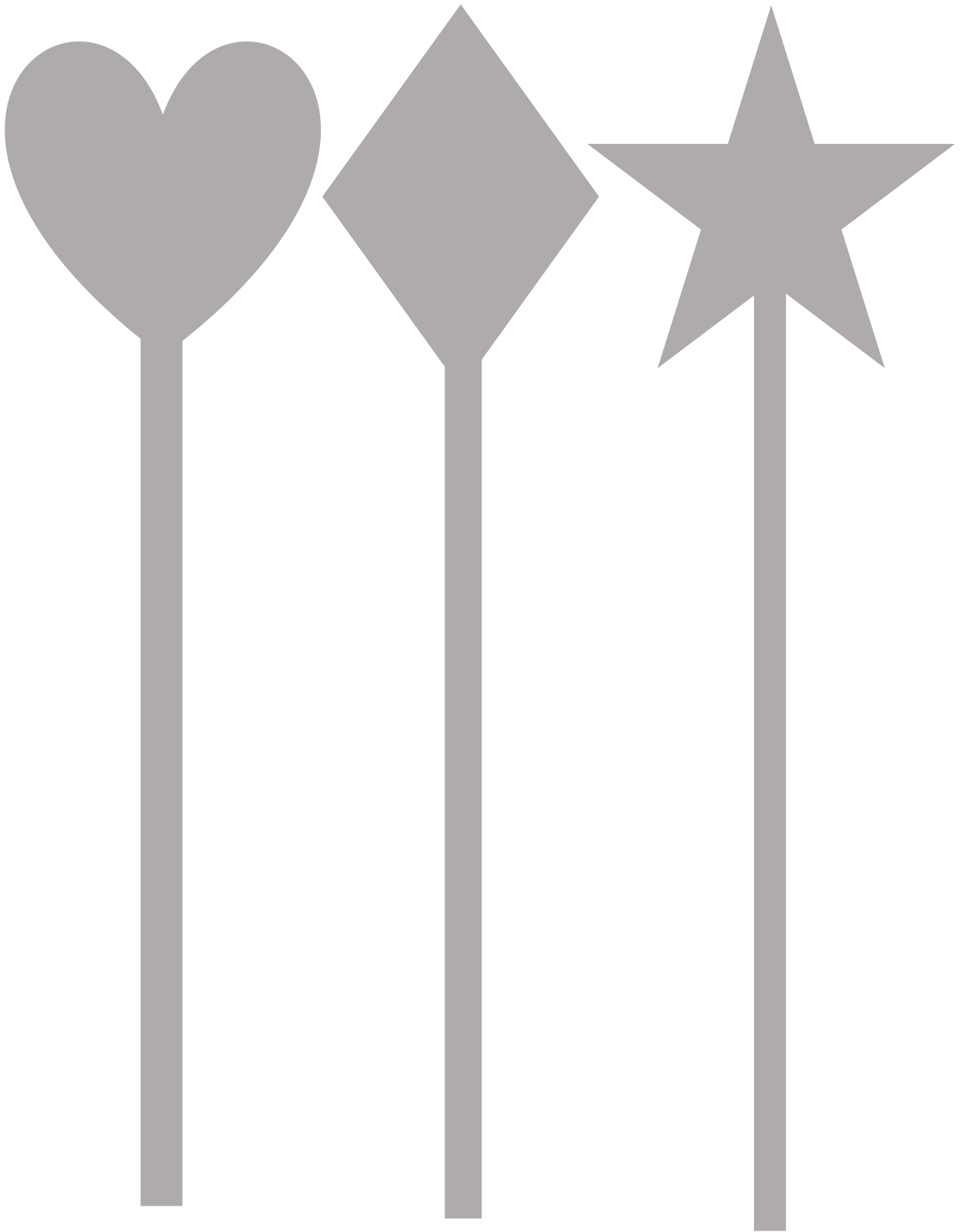
Crafts

- Princess/Prince Crowns
 - Materials:
 - Construction Paper
 - Glitter
 - Glue
 - Scissors
 - Rhinestones
 - Markers/Crayons
 - Example of crown/tiara shapes:



- Wands
 - Materials:
 - Construction Paper
 - Glitter
 - Glue
 - Scissors
 - Rhinestones
 - Markers/Crayons

- Example of wand shapes:



Pirates

Games

- **Man Overboard!**
 - Take a baby pool or large plastic container and fill with water, sharks, shells, and plastic sea creatures. Then, add the "man overboard", a small pirate figure of your choice. The kids have a set time limit for digging through the water to find the missing pirate.
- **Cannonball Blast**
 - Tie an inflated black balloon (cannonball) to each kid's ankle. The kids have to try to "explode" the other pirates' cannonballs without having their own popped. Water balloons can also be used.
- **Grab the Grub**
 - Help prevent scurvy in your little pirates! I use soft plastic ball pit balls for fruit: green for limes, yellow for lemons, orange for oranges, red for strawberries, and blue for blackberries. Pile the balls in a baby pool. Try to collect as much fruit as possible in the shortest amount of time. No containers allowed!
- **Dig for Treasure**
 - Stock up on gold coins, jewels, and other pirate booty. Hide the treasure in a sandbox or sand-filled containers and let your little pirates loose! I've played this game in several different ways, including fastest time wins, most booty wins, and first child to find a special coin wins. Easy to customize party game depending on ages and number of the little pirates.
- **Captain's Orders Game**
 - Select one player to be the "Captain." Captain stands in front of the group.
 - Have the rest of the group line up facing the Captain as "The Crew."
 - Captain calls out commands. The faster the commands are called the funnier it is for the kids.
 - **Basic Commands:**
 - "To the Island" → Run to the left boundary.
 - "Scrub the deck" → Crouch down and make a scrubbing motion with hands.
 - "Hit the deck" → Lay on your stomach.
 - "Clear the deck" → Everyone must have their feet off the deck.
 - "Up Periscope!" → Lie on back with one leg in raised straight in the air. Twist foot as if scanning periscope.

- “Captain’s coming” → Stand at attention and salute.
 - “Crow’s Nest” → Hop on one foot.
 - Partner Commands:
 - “Abandon Ship” → Players must pair up, sit face to face and pretend to row a life boat.
 - “Love Boat” → Players pair up and dance together.
- Swab the Deck Relay
 - Materials needed:
 - 4 Buckets
 - 2 Car Sponges
 - Fill two of the buckets with water.
 - Set up buckets in two relay lanes. As depicted in the image below. Buckets should be about 10 feet apart.



- Separate kids in to two groups.
 - Have them race to fill their empty bucket using the sponge to transfer the water from the full bucket to the empty.
- Capitan Hook Toss
 - Ring toss using a board with pirate hooks attached to it. Hooks have different point value. Kid with most points after each gets 3 tries win
- Sailing the High Seas Parachute Game
 - Have all the kids stand around the parachute holding on to it.
 - Adult calls the “Weather Report” (example: “Hurricane blowing in from the East” → Everyone move the parachute really fast to imitate choppy waters)
 - Variation: Using a ball as a “Boat.” Have all of the kids stand around the parachute and hold on as before but toss a ball on the parachute and move it around like a boat on the water by moving the chute up and down.

Beach Games

- Limbo Contest
 - Materials: Pool noodle or broom & music!
 - Have a someone stand at either end of a pool noodle/broom, holding it up for the kids to limbo under it.

- Have kids take turns doing it. Lower the noodle/broom after each kid cycles through.
- If they touch the noodle/broom or falls they are out.
- Pass the Coconut
 - Have the kids stand in a circle.
 - Start passing the coconut ball around the circle while playing music. When the music stops the kids holding the ball is out. Continue until only one kid is left as the winner.
- Coconut Bowling
 - Materials
 - Coconut/Ball
 - Bowling Pins
 - Have the kids take turns bowling with the coconut/ball.
- Hands-Free Hula Hoop Pass
 - Separate kids into two equal teams. Have kids in each team hold hands, forming two lines.
 - At adult's signal, the first person in each of the two lines picks up a hula hoop and passes it over the head and onto the shoulders of the kid next to him.
 - From here on out, each kid must pass the hula hoop on without letting go of his teammates' hands. Team members must wriggle the hula hoop on with the use of the head, shoulders, and possibly elbows.

Crafts

- Footprint Flip Flops
 - Materials:
 - Construction Paper
 - Paint
 - Button
 - Sponge Paint Brush
 - Assist the kids in painting the bottom of the foot with washable paint.
 - Help them place their foot on the construction paper then wipe the paint of the bottom of their foot with a wet paper towel.
 - Once the paint dries have them cut around their footprint in the shape of a flip flop.
 - Next have them cut out pieces to be the thong part of their flip flops and glue those pieces to the foot piece. Use Markers and buttons to decorate the flip flop
- Flower Leis
 - Materials
 - Flowers cut out of construction paper
 - Straw Beads
 - String
 - Have kid string their own leis using the flowers and straw beads.
- Handprint Pineapple
 - Materials:
 - Construction Paper

- Green, Yellow & Brown Paint
 - Sponge Brushes
 - Have the kid paint the oval part of the pineapple on their paper with yellow. Using brown for the pineapple texture.
 - Help the kids paint the palm of their hand green. Have them place it on the construction paper on top of the fruit shape. Repeat 3 times.
- Tissue Paper Fish
 - Materials:
 - Fish Shaped Construction Paper Cut Out
 - Tissue Paper Pieces
 - Googly Eye
 - Glue/Glue Sticks
 - Scissors
 - Have the kids decorate their fish with tissue paper and googly eyes.

Animals

Games

- Jungle Yoga
 - Play relaxing nature music to accompany the yoga practice.
 - Poses:
 - Owl



- Macaw



- Giraffe



JEFF NELSON

- Frog



- Monkey



- Alligator



DAVID MARTINEZ

- Boa Constrictor



MICHAEL WINOKUR

- Jaguar



MICHAEL WINOKUR

- Leopard



MICHAEL WINOKUR

- Turtle



- Sloth



- Hedgehog



- Sleeping Panda



- Animal Tag
 - Using cones mark a playing area and a smaller to be the “Zoo Cages.”

- Choose one kid to be the Zookeeper, another to be the Monkey, and then separate the rest of the kids in to 4 different groups. The four groups are:
 - Gazelles
 - Kangaroos
 - Cheetahs
 - Zebras
- Each group has a different way to move in the playing area. Gazelles will gallop. Kangaroos with hop. Cheetahs will run. Zebras will skip.
- The kids move around the playing area in their animal's movement trying to avoid the Zookeeper.
- If the Zookeeper tags you, you have to go to the Zoo Cages.
- The Monkey is the only one who can free the animals from the cages once they have been tagged.
- The goal is for the zookeeper to get all of the kids in the cages.
- Action Dice
 - Have kids stand in a circle.
 - Each one takes turns rolling the dice. They must act out the emotion and animal that they roll.
 - Encourage them to be silly and have fun with it!



**Dice are very easy to make, or you can replace the dice with two bowls with the animal and actions written on pieces of paper. Allow the children to pull one from each bowl and then act out.

- Animal Walk Races

- Set up cones and have the kid's take turn racing in different animal walks.
- Or just have them try each walk out and have fun with it.
- Different Animal Walks:

- Crab Walk: Start by squatting down close to the ground. Lean backwards and place your hands on the ground. Now walk sideways, while holding your bottom off the ground and your back straight.
- Bear Walk: Start in standing position. Bend over



and put both hands on the ground. Walk forward with the same leg and arm. So, move your right arm and right leg forward, then the left leg and arm at the same time, then repeat. Try to keep your arms and legs straight.

- Frog Jumps: Start in the squatted position. Place your hands on the floor in between your knees. Using your feet, jump forward and land with your hands and feet on the ground.

- Alligator Push-ups: Have kids lie on their belly and push up in to a plank with their hands and toes. As they walk have them push up with their hands while trying to keep their bodies as straight as possible.



put

- Snake Slither: Have kids lay on their belly and their hands to their sides. Wiggling their hips and shoulders side to side, have them try to move forward across the floor without using their hands.

- Donkey Kicks: Starting in the standing position, curl over and put both hands and both feet on the ground. When the area around you is clear, jump with your legs and kick behind you, leaving your hands on the ground.

- Turtle Crawl: Starting in the kneeling position, curl your back over and put your elbows on the ground. Keeping your bottom on your heels, and your elbows and hands on the ground, pull yourself forward in a slow motion.



- Kangaroo Jumps: Starting in the standing position, put both feet together and squat down. Jump as high you can use only your feet, no hands.
- Whale Swim: Lay on your stomach, with your arms stretched out in front of you, rock back and forth on your hips.
- Gorilla Walk: Start in the squatted position with your hands at your chest. Walk down the hall while staying in the squatted position. Gently beat your chest with your fist as you walk.
- Inchworm Crawl: Start in a standing position and bend over with your hands and feet touching the floor. Try touching the floor as close as you can to your toes. Then slowly walk your hands away from your hands away from your feet as far as you can. Finally walk your feet back to your hands, always keeping your hands on the ground. Repeat this to continue the walk.
- Elephant Walk: Start in the standing position and bend over with your hands held together. Keeping your back straight and parallel with the floor, hang your hands under your shoulders and swing them back and forth as you walk with straight legs across the floor.
- Octopus Wiggles: Start in the seated position on the floor. Attempt to lift both legs off the ground at the same time while wiggling your legs and arms.

Crafts

- Pipe Cleaner Animals
 - Materials:
 - Colored Pipe Cleaners
 - Beads
 - Glue/Glue Dots
 - Using the pipe cleaners, help the kids twist them together in animal shapes.
 - Glue googly eyes on and use beads to decorate the animals.
- Animal Puppets
 - Materials:
 - Brown Paperbags
 - Markers
 - Googly Eyes
 - Stickers
 - Glue
 - Glitter
 - Create your very own animal puppets out of brown paper bags and then have a wild safari puppet show!