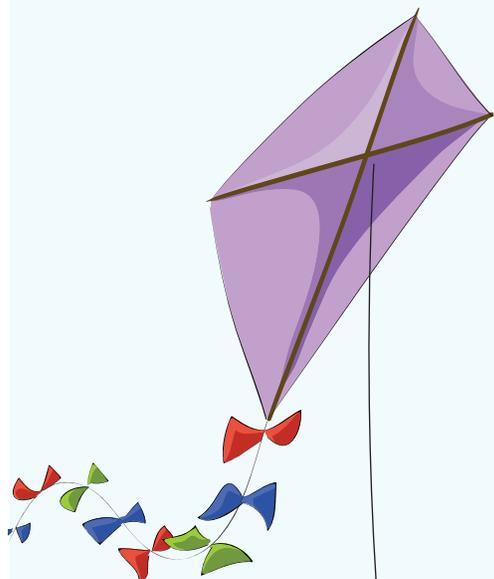


10 FUN WAYS TO BE ACTIVE TOGETHER!



- 1 Decorate Frisbees and then use them in a game of ultimate Frisbee or Frisbee golf.
- 2 Build kites from newspaper and wooden dowel rods, and go fly them.
- 3 Bend a metal hanger into an oval shape and stretch panty hose over the hanger to form a racquet. Use a small ball or water balloon to play badminton, or try to pass the balloon without popping it!
- 4 Decorate your own t-shirts as jerseys for a variety of games.
- 5 Build your own obstacle course in your yard or plan an obstacle course route at a nearby playground. Time the parent/child team relay to see who can finish it the fastest.
- 6 Host a scavenger hunt; all the tribe members use clues to find all the materials for a craft.
- 7 Clothing drive relay: bring your old clothes to a tribe meeting. Set up a dress-up relay where team members run to a clothes pile, don an outfit, run back to his or her team, take the crazy outfit off and pass the clothes to the next relay team member to put on. He or she then will suit up and run back to the pile, shed the outfit and run back to the next team member. Continue until everyone has dressed up. Wash and donate the clothes afterward!
- 8 Take a hike on local greenways to collect flowers or leaves on the ground. Place the plant under a white sheet of paper and shade the paper to see the detail of leaf come through. Identify the plants.
- 9 Visit farmers' markets, tour local farms and volunteer in community gardens to learn where food comes from and try new foods!
- 10 Become a Track Trail member—check out the Kids in Parks site, www.kidsinparks.com for details.



BROUGHT TO YOU BY



www.advocatesforhealthinaction.org

