

Play Zone

Run, jump, romp!

Shake it off

Get moving and breathe in some sweet fresh air!

What you need

Comfortable clothing

Running shoes or sneakers (optional)

Walking Stilts

Make your own stilts with some rope and old buckets. The larger the stilt, the more tough the challenge!

Materials

Handle: string, old rope, shoelaces, or skipping ropes

Stilt: Paint cans, buckets, or pails

Drill or scissors

Step 1

Cut two handles that are the length of your wingspan (arms stretched out, fingertip to fingertip)

Step 2

Cut or drill two holes in the side of the stilt (can, bucket, or pail). Put the end of the handle through the hole, and tie a large knot

Step 3

Stand on top of both stilts. Grab onto the handles, and start walking!

Get more info from [DIY Walking Stilts for Kids](#)



Obstacle Course

Transform your living room or backyard into an obstacle course!

Some things you may want to use

Pillows

Chairs

String

Small trampoline

Anything you want to hop, crawl, climb or run around

Set-up

Create a course with different challenges

Some things you may want to include: jump on a small trampoline, walk along a line or balance beam, or crawl through a tunnel. Be creative, and think outside the box!

Explain the course to everyone who wants to play!

Pick a start and end line too.

[Watch this video for ideas](#)

Race

