

Fun Family Games

1. Hopscotch

Hopscotch is excellent for helping kids improve balance and coordination because of all of the rapid changes in movement required. Get out the chalk and set up hopscotch on your patio or driveway and hop along with each other.



2. Obstacle course

Enlist your child's help in setting up an obstacle course in the garden. Get creative with what you have available to make it fun and challenging. Use garden stones or an old piece of wood to create a balance beam, mark a pathway for them to run or ride their bike on, set up a big bucket for them to throw a ball in.

If you don't have an outdoor space, this a great one to try indoors. Use cushions or pillows to jump over and for obstacles, masking tape for a balance beam and rolled up socks as balls.

3. Foursquare

Sometimes the simple games are the best! Draw squares on your patio or tape them on to your carpet. Each person playing stands in their square. Challenge each other to bounce the ball the number of times that is called out.

4. Follow the leader

Line up single file and let each family member take turns being the "leader." The leader decides how the group will move around the house or garden. Think crawling, walking backwards (carefully), hopping on one foot, and any other creative way you can think of.



5. Red light green light

All stand along the fence or wall. Stand at the opposite end. When you call "Green Light!" they can move toward you and when you call "Red Light!" they stop. Change up the type of movement they use, from jumping to tiptoeing, and make sure to switch roles so they get a chance to lead too. Who can you reach you first???

