

8 Weeks of Fun Activities For Your Family!

Looking for ways to keep your family active and having fun this summer?

This guide is packed with playful, simple activities designed to help kids—and their grown-ups—get moving together all summer long!

Although the activities are organized into the following age groups, many can be enjoyed across multiple ages:

Infants (0–1 year)

Toddlers (2–3 years)

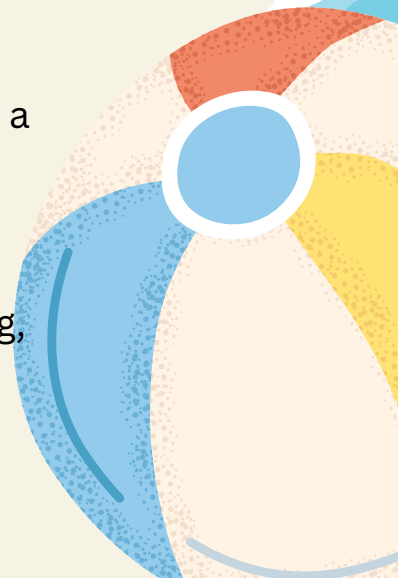
Preschoolers (4–5 years)

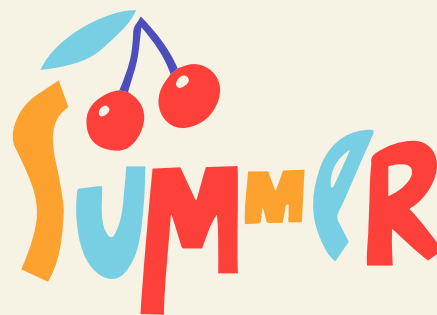
School-aged children (6–12 years)



Whether you're looking for something your child can do independently, a game for siblings, or a movement activity for the whole family, there's something here for everyone.

We hope this resource helps make your summer full of laughter, learning, and lots of motion!





Infants

Hang Ten

Materials: Pillow or folded blanket, furniture item for balance

Description: Put your infant on their tummy first, or if able have them stand up on a pillow or folded blanket. Pretend the pillow or blanket is a surfboard and go surfing! Have furniture nearby if they need more help for balance. Have them try to move from their stomach to their feet.

Toddlers

Splash the Fish

Materials: Sponges cut into fish shapes, sidewalk chalk, water bucket

Description: Drop fish shaped sponges into a bucket of water, then draw a sunny target with chalk on the sidewalk. Let toddlers toss the soaked fish and try to splash the bullseye!

Preschoolers

Beach Boogie Chairs

Materials: Chairs, fun upbeat music

Description: Set up chairs in a circle, all facing outward. Turn on some fun music and have the kids move around the circle. When the music stops, everyone finds the closest seat! Instead of removing chairs, keep the game going by switching up the movement—try crawling, bunny hopping, skipping, or even crab walking!

School-Aged

Summer Scavenger Hunt

Materials: Scavenger hunt check list

Description: Send kids on a sunny scavenger hunt adventure! Create a list of summer-themed items to find or observe around the yard, neighborhood, or park—things like a flower in bloom, a smooth rock, something that flies, something that smells good, or a piece of trash to clean up. Add movement challenges too, like “hop to the next tree” or “do 5 jumping jacks by the fence.”



Infants

Reach for the Sun

Materials: Small ball or squeaky toy

Description: Lay on the floor with your infant. Hold an object above their shoulders, close enough for your child to touch. As their skills grow, challenge them by moving the ball further out or on different sides of their body.

Toddlers

Island Escape

Materials: Tape

Description: Tape a line on the floor to act as a balance beam or small island. Have your child walk on the line. Pretend there is hot lava on either side of the island and if they fall off their feet might melt. If they fall off - no problem! Have the start again.

Preschoolers

Jump Over the River

Materials: Chalk, tape, or jump ropes

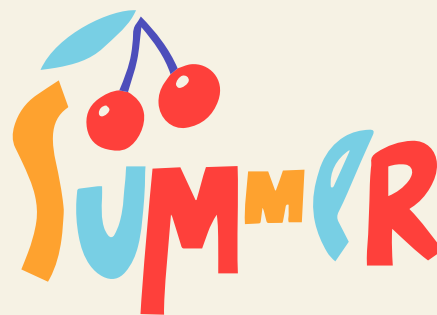
Description: Create a river using chalk, tape, or jump ropes as the river banks. Have your child start on one side and jump over the river. After each turn make the river bigger by moving one side back. Keep making it bigger until they “fall in”!

School-Aged

Splash n’ Skip

Materials: 1 or 2 jump ropes

Description: Take your child’s jump rope skills outside! In a group, take turns seeing who can get the highest number of jumps. Try Double Dutch for a fun challenge—two ropes spinning in opposite directions! Want to cool things off? Use misting bottles or sprinkle the grass with water for a splashy twist.



Week
3

Infants

Giggles in the Grass

Materials: Blanket for outside

Description: Lay a blanket down and have tummy time outside. Let those little hands explore! Feeling grass, leaves, and sand adds a fun sensory adventure that helps babies learn about the world around them.

Toddlers

Bubble & Scrub Car Wash

Materials: Buckets, soap, water, sponges, outdoor toys

Description: Turn cleaning into a splashy good time! Fill up a few buckets with water and soap. Grab some sponges or washcloths and let the kids get to work. Tricycles, ride-on toys, plastic trucks, and even outdoor playsets can all use a little summer sparkle.

Preschoolers

Round up the Sheep

Materials: White balloons, marker, hula hoop

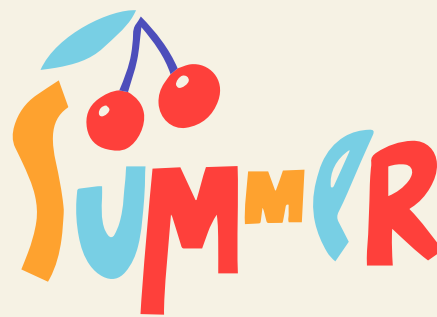
Description: Draw sheep faces on white balloons and let them loose in the yard. Have the kids run around to catch the balloon sheep and herd them back into the 'pen' (a hula hoop on the grass)!

School-Aged

Popsicle Party Freeze

Materials: Something to play music on

Description: It's a dance party in the sunshine! When the music starts, everyone grooves like they're melting popsicles. When the music stops—freeze! Anyone who melts (moves!) before the music starts again does 10 jumping jacks to cool off, then jumps back in for the next round of fun.



Infants

Beach Ball Bonanza

Materials: Inflatable beach ball(s)

Description: Lay your baby on their tummy across the top of the beach ball and gently roll them back and forth to build balance and core strength. Sit them on the ball and give a gentle bounce for a fun ride. Hold their hands and tap out rhythms like a drum, or help them swat the ball into the air for a joyful summer giggle!

Toddlers

Summer Shot Challenge

Materials: Soft balls, rolled up socks, laundry bin, sand bucket, or any basket

Description: Set up a backyard “basket toss” using soft balls or rolled-up socks. Have kids aim for the laundry bin or sand bucket. Once they start making easy shots, move the basket farther away to keep the challenge—and the fun—going!

Preschoolers

Sunny Safari Stroll

Materials: None

Description: Get moving with some animal-inspired action! Encourage your child to slither like a snake in the grass, hop like a frog through a sunny pond, gallop like a horse across the yard, or walk like a bear on all fours. It’s a fun way to build strength, coordination, and creativity—no zoo required!

School-Aged

Seaweed Tag

Materials: Cones or objects to mark the play area and a few seaweed spots

Description: Mark off a space to be the “ocean.” Seaweed grows on the ocean floor—they sway but stay rooted in place! Choose 1–2 kids to start as seaweed, standing with one foot “planted” and the other free to tag. The rest of the kids (the school of fish) line up at the edge of the ocean. When you say “Go!”, the fish crawl across the ocean. If they get tagged by seaweed, they plant themselves and join the seaweed crew. Keep going until all the fish have been caught!



Infants

Little Summer Shoppers

Materials: Plastic fruit and toys, a mini shopping cart or little stroller

Description: Time for a sunny day shopping spree! Scatter plastic fruit and summer-themed toys (like beach balls, sunglasses, or pretend snacks) around the yard or room. Give little ones a shopping cart or stroller and let them “shop” for treasures on their summer adventure. It’s pretend play with a seasonal twist!

Toddlers

Pop Goes the Weasel

Materials: None

Description: Sing this playful classic. When they hear “POP,” they jump in the air!

🎵 *All around the mulberry bush,*

The monkey chased the weasel;

The monkey thought 'twas all in good fun.

POP goes the weasel. 🎵

Sing it again, but replace the third line with: “The monkey stopped to ____” (e.g., scratch his nose) and have your child act it out.

Preschoolers

Suitcase Shuffle

Materials: A suitcase or beach bag filled with summer items (e.g., sunscreen, a book, sunglasses, flip flops)

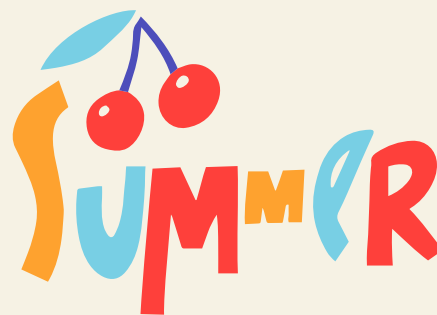
Description: Set up a suitcase a short distance away. Have your child run to the suitcase, grab an item, and bring it back. Repeat until all the items are collected! Want to make it a group game? Split into teams and turn it into a relay—first team to unpack all their summer gear wins!

School-Aged

Sunny Sack Race

Materials: Pillowcases

Description: Grab some pillowcases and turn them into sunshine-ready sack racers! Have the kids step inside, hold onto the sides, and hop their way from one end of the yard to the other. It’s a classic race with a splash of summer fun!



Infants

Splash in the Sun

Materials: Plastic containers, water, fun toys

Description: Fill a shallow bin with water and add cups and containers. Let infants scoop, pour, and splash as they explore the water. Show them how to fill and dump—perfect for sensory play and early motor skills on a warm day!

Toddlers

Put Out the Fires!

Materials: Chalk, spray bottles with water or a hose

Description: Use sidewalk chalk to draw “fires” on the ground—big red, orange, and yellow flames. Give toddlers spray bottles or a hose and let them become little firefighters! They can run from fire to fire, spraying each one to “put it out.”

Preschoolers

Follow the Flamingo

Materials: None

Description: Give the classic game of Simon Says a movement makeover to get kids up and moving! Try Simon Says:

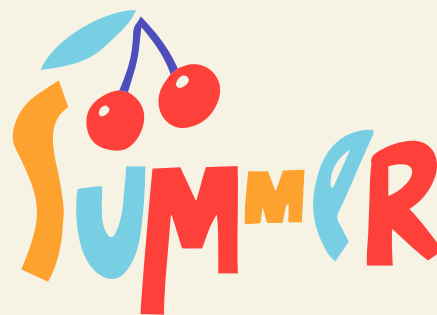
- Hop on one foot 10 times
- Run in place as fast as you can
- Spin in a circle like a tornado
- Pretend to hula hoop, surf, or swat away beach balls

School-Aged

The Shark Bit My Cup

Materials: Buckets, cups with small holes in the bottom, water

Description: Give each child a plastic cup with small holes in the bottom or sides. They fill their leaky cup with water, place it on their head, and race to a bucket at the other end. The goal is to fill the bucket using only what’s left in their cup by the time they get there. Then they run back, refill, and repeat!



Infants

Sunny Day Shuffle

Materials: Music

Description: Turn up the music and have a dance party with your baby! Hold them safely on your hip or in your arms, then sway, spin, and groove together.

It's a sweet way to bond, move, and share the rhythm—no special moves required!

Toddlers

Sunshine Shadow Play

Materials: None

Description: Have your toddler follow your every move in this sunny game of copycat! Try fun actions like touching your toes, jumping up and down, stomping in a circle, or crawling on all fours. Then let them take the lead while you follow!

Preschoolers

Summer Ball Blast

Materials: Different sized balls

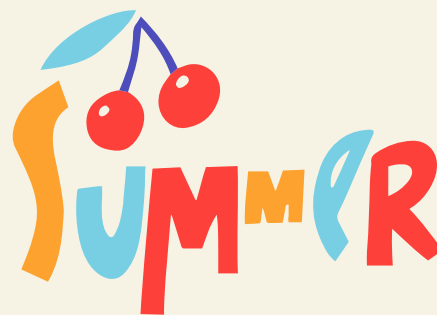
Description: Bring different-sized balls outside and have fun rolling, kicking, and bouncing them around! See which ball goes the farthest or which one is the easiest to kick. You can even stand in front of a wall or fence and let your child try to roll or bounce the ball past you.

School-Aged

Summer Spoons Dash

Materials: Spoon, grape (or any small round object)

Description: Have kids balance their grape on the spoon and speed walk or run to the finish line—without letting it drop! Want to make it extra summery? Try using water balloons, beach balls on big spoons, or race in swimsuits and get sprayed with a water hose at the end!



Infants

Cushy Campout

Materials: Light sheet or towel, chairs or low furniture for draping, soft blanket or mat, and a few favorite toys

Description: Set up a mini “camping tent” by draping a sheet over two chairs or a low table to create a tunnel-like space. Place a soft blanket inside and scatter a few baby-safe toys to encourage crawling and exploring.

Toddlers

Floating Fun

Materials: Balloons

Description: Blow up a few colorful balloons and head outside for a breezy balloon game! Encourage toddlers to keep the balloons floating in the air and not let them touch the ground—like they're catching sunshine or beach balls in the sky.

Preschoolers

Splash Dash

Materials: Cup of water

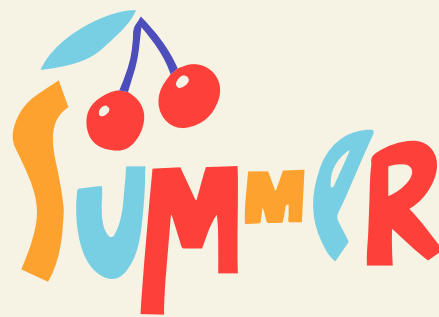
Description: Fill up a cup with water, then get ready for a splashy challenge! Race around the yard trying to keep as much water in your cup as possible. Try walking, skipping, or tiptoeing—just don't spill too much! Want to make it even more fun? See who finishes with the fullest cup or turn it into a relay with the whole family!

School-Aged

Water Balloon Obstacle Course

Materials: Water balloons, miscellaneous materials

Description: Set up stations using cones, pool noodles, chalk lines, or even towels. Kids must carry a water balloon through the course—balancing it on a spoon, hopping over obstacles, crawling under towels, or weaving through cones—without popping it. If the balloon breaks, try again!



BOOK SUGGESTIONS

Fun books to get the kids moving!

- “Woodland Dance” by Sandra Boynton
- “Clap Your Hands” by Lorinda Bryan Cauley
- “Shake My Sillies Out” by Raffi Songs to Read
- “Dancing Feet” by Lindsey Craig
- “Play Outside with Me” By Kat Chen
- “Hop, Hop, Jump!” by Laura Thompson

SONG SUGGESTIONS

Kid friendly songs to add to any activity!

- *"The Hokey Pokey" by Kiddie Nation
- "Walking on Sunshine" by Katrina & The Waves
- "Can't Stop The Feeling" by Justin Timberlake
- *"We're going on a Bear Hunt" by The Kiboomers
- *"Boom Chicka Boom" by The Learning Station
- "Happy" by Pharrell Williams

