

40 HEALTHY FAMILY ACTIVITIES FOR



ANY WEATHER

- ♥ Pillow fight.
- ♥ Tell a never-ending story.
- ♥ Practice yoga.
- ♥ Play a board game.
- ♥ Have a good old-fashioned wrestling match.
- ♥ Bath time.
- ♥ Try your juggling skills.
- ♥ Grow a garden.
- ♥ Have a mindful discussion.
- ♥ Go to the library.
- ♥ Crab walk.
- ♥ Go for a swim.
- ♥ Play "I Spy."
- ♥ Go for a walk.
- ♥ Animal charades.
- ♥ Play with food.
- ♥ Have a dance party.
- ♥ Play Two Truths and a Lie.
- ♥ Indoor bowling.
- ♥ Puppet show.
- ♥ Masking tape bulls-eye.
- ♥ Bat a balloon back-and-forth.
- ♥ Make shadow pets.
- ♥ Hula hoop.
- ♥ Build a fort.
- ♥ Hopscotch.
- ♥ Have a scavenger hunt.
- ♥ Build something with clay.
- ♥ Draw.
- ♥ Screen your favorite childhood movie.
- ♥ Bean-bag toss.
- ♥ Fold paper airplanes.
- ♥ Cut up sponges and use them as blocks.
- ♥ Write a letter.
- ♥ Tape a toilet paper or paper towel roll to the wall above a wastebasket.
- ♥ Jump on the bed.
- ♥ Play "memory."
- ♥ Build an obstacle course.
- ♥ Measure how far each person can jump.
- ♥ Talent show.