

All-Weather Family Activities

Being physically active for 60 minutes every day is a great way for kids and adults to feel healthy. Family members of all ages can spread out their physical activity throughout the day and still experience its benefits. That's right – shorter movement breaks add up!

Regular physical activity helps:



Reduce stress



Improve sleep



Lower blood pressure



Prevent illness and disease



Boost mental health



Increase academic performance

Finding activities that fit the climate and weather in your community can help you stay physically active year-round.

Whatever the weather is like where you are, try some of these inexpensive activities that the whole family can enjoy together.

For outdoor activities for warm and cool seasons, go to [page 2](#).

For indoor activities to try at home and in your community, go to [page 3](#).

"I love to be physically active with my family by playing catch with my football."
-Jovon, age 13

"We enjoy walking and biking around our local parks together."
-Kiran, age 39

"My favorite activity is showing my family my gymnastics exercises – like frog jumps, wall handstands and planks!"
-Amelia, age 7

Outdoor Activities

All-Weather Family Activities

Make the most of warm and cool weather with activities in the rain, snow, or sunshine.

Warm-Weather Activities



- Play tag or hide-and-seek in a park or yard, taking turns being “it.”



- Go swimming in a local pool or splash around in sprinklers.



- Create “active art” by drawing hopscotch or four-square on the sidewalk with chalk – let each family member color their own square.



- Try jumping rope as a family with someone swinging the rope (or two ropes!) on each side – remember, swinging the rope is part of the activity.



- Participate in a local race to support a cause that’s important to your family. (Bonus: Ride your bike or borrow one from a friend to join a bike race.)

Cool-Weather Activities



- Stomp and splash in puddles after it rains – don’t forget your rain boots!



- Challenge your family to a snow-building competition with fun award categories.



- Join a local harvest party and wander through a corn maze or browse a pumpkin patch.



- Take a hike! Plan your hike to avoid rain or snow or enjoy your hike in warmer weather. (Bonus: Listen to a podcast and learn while you walk.)



- Rake leaves or shovel snow to help your family and neighbors. (Bonus: Jump into the pile of leaves when you’re done!)

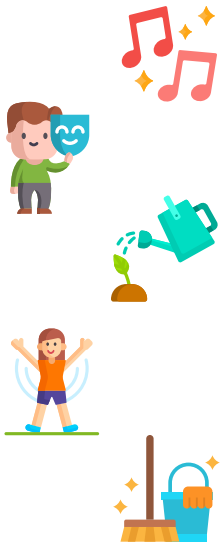


Indoor Activities

All-Weather Family Activities

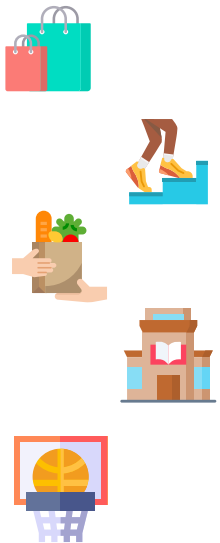
Beat the heat or stay cozy with indoor activities your family will enjoy year-round.

Activities at Home



- Turn on some music and have a dance party – take turns choosing the song.
- Act out a scene from a favorite book or movie or put on a play for family members!
- Plant an indoor garden with your favorite herbs, veggies, and flowers. (Bonus: Find space for your garden outside during warmer seasons.)
- Spend time each day trying one of these quick physical activity break cards – no equipment necessary!
- Do some spring cleaning by sorting food, clothes, books, and other items. (Bonus: Donate any usable items that you no longer want to a local organization.)

Activities in Your Community



- Turn a trip to a local mall into a scavenger hunt!
- Go up the stairs or ramp 10 times – warm up to a challenging pace for each person in your family.
- Volunteer to help a friend or neighbor do their grocery shopping and put away their groceries.
- Check your local library or community center for recreation classes and events, like yoga, dance, and sports workshops. (Bonus: They might offer online activities.)
- Encourage your local schools to open their indoor facilities (e.g., basketball court, weight room) to the community when school is not in session.