



1. Pick an activity from the list below
2. Log your activity here:
<https://forms.gle/756LJLTNcbXIJZkk9> by writing the corresponding number to the activity completed
 - Each activity has a different point value. Try to challenge yourself by completing activities from each different level.
3. Earn extra bonus points by posting a photo of you completing the activity on Facebook and tagging us (@CantonCTParksandRec) or submitting a photo when you log your entry (option provided in form)
4. Have fun!

SPRING INTO ACTION ACTIVITIES

1 point Activities

1. **Book-Worm Workout (1 point)**

Storytime doesn't have to be just a bedtime ritual! Pick a book that has a word that's often repeated. For example, choose the word "hat" if you're reading *The Cat in the Hat*. Every time the word comes up in the story you will need to do 3 jumping jacks.

2. **Alligator Alley (1 point)**

Scatter some "islands" and "boats" across the floor (use pillows, stuffed animals, books, etc) and then jump from one to the next without falling into the "water" and risk being eaten by a hungry alligator. Want to add some extra fun?!...Have an adult play the hungry alligator to chomp after them when they touch the water!

3. **Activity Stations (1 point)**

Set up four stations (listed below). Complete the stations as many times as you want. See how fast you can do them all!

10 Jumping Jacks

30 seconds Fast Feet

20 Speed Skaters

10 Squat Jumps

4. **Take a walk (or run) outside! (1 point)**

5. **Block Challenge (1 point)**

Try to make the tallest building with blocks or legos, measure and let us know how tall you could go! The tallest building gets an **extra bonus point**. Next, try making the longest!

6. **ABC Hunt (1 point)**

Go around the house with a basket, collecting items that start with each letter of the alphabet (A for apple, B for Barbie, C for Crayola, etc). See how fast you can do it!

7. **Puzzle Piece Hunt (1 point)**

Hide all the pieces of a wooden board puzzle, then have a participant search for them - returning each piece of the board as they go.

8. **Mask it! (1 point)**

Using paper plates, get creative and make a fun mask.

9. **Color by Number (1 point)**

Relax by coloring by number - with this activity everyone is an artist. Check out this site for some great, FREE printables:

<https://www.crayola.com/free-coloring-pages/just-for-fun/color-by-number-coloring-pages/>

10. **Balloon Game (1 point)**

Hit the balloon up in the air but don't let it touch the ground. See how long you can keep it up in the air without hitting the ground. Good luck!

11. Play Outside (1 point)

Spend some time getting some fresh air and soaking up the sun!

2 point Activities

12. Indoor Obstacle Course (2 points)

Get creative! Use tupperware to stack and hurdle, blankets over two chairs to crabwalk under, line of tape on the floor to balance, etc. The possibilities are endless!

13. Make your own word search! (2 points)

Use this site to make your very own word search, then try to solve it or have your family solve it: <https://thewordsearch.com/maker/> Good Luck!

14. Hallway Bowling (2 points)

Set up empty water bottles or toilet paper rolls and let your child bowl to knock them over using a soft ball or bundle of socks.

15. Crab Walk Puzzle (2 points)

Set-up a wooden puzzle board and scatter the pieces around the room. Participants should crab walk to bring each piece by 1-by-1 and fit it into the board until the puzzle is complete.

16. Life-Size Book Maze (2 points)

Use books (other household items: clothing, brooms, sports equipment, etc.) to create a large scale maze and challenge each other to find your way out. Once you get the hang of it, try crawling, hopping or walking backwards through it!

17. Mirror, Mirror (2 points)

Stand face to face with a partner (practice safe distancing) and have one partner do movements while the other attempts to copy them. Movement ideas: Reach up and stretch to the sky. Do 10 jumping jacks. Run in place. Act like a monkey. Switch roles!

18. Airplane Landing (2 points)

Make paper airplanes and throw them. The catch? You have to collect the airplane and bring it back to the start line without walking – this could be running, hopping, skipping, twirling, crawling. Get creative!

19. Ball Drop (2 points)

Participants should place the ball between their knees and race to a finish line where they have to drop in into a designated bowl or bucket. If the ball is dropped on the floor, or if hands touch it, they have to go back to the start and try again.

20. Floor Bop (2 points)

Place/tape pieces of paper on the floor and toss an object (bean bags, stuffed animals, etc) to land on the pieces of paper on the floor. You can add different points to different pieces of paper and keep track of your scores.

3 point Activities

21. Cardboard Castle (3 points)

Have some extra cardboard boxes? Make a kingdom out of the boxes. The possibilities are endless! Color the boxes, make windows and doors (ask an adult for help if cutting any of the boxes), stack boxes.

22. Make your own jigsaw puzzle! (3 points)

Print this blank jigsaw template

(<http://info.melissaanddoug.com/documents/Product%20Information/Blog/create-your-own-puzzle-printable.pdf>), then draw a picture, cut out the jigsaw (ask an adult for help) and try to put it back together.

23. Indoor Olympics (3 points)

- Event 1: Snow Board

- Each player will need a fake snowball (ping pong) and cutting board. Place a bucket, trash can or container at the opposite end of the room. Players must bounce the snowball on their cutting board from one side of the room to the other and get it to drop in the bucket. If a player drops the snowball on the way to the other side of the room or stops bouncing the ball they have to go back to the start.

- Event 2: Long Jump

- Make 5-10 separate lines of tape (painter's tape would be best) each about a foot apart on your floor. Label the first one as the "start" line and then try these different activities:
 - Long jump: see how many lines you can jump over. Try to beat your best score each time!
 - Run 'n' Jump
 - Hop: How far can you jump on one leg?
 - Reach 'n' stretch: How far can your leg reach with one foot on the "start" line?

- Event 3: Curling

- Tape a square on one side of a room. On the other side, place a bucket full of plastic bracelets (maybe Oreos:). To play, players must sit on one side of the room and slide the bracelets to the other side of the room, trying to get them to land on the edges of the box. If they land outside of the box or inside of the box, they don't count.

24. Wiggle Jar (3 points)

Print out these activity cards ([Home School Share](#)) and place them in a jar. Pick out a card (or two or three!) and do the movement/action listed.

25. Suggest a game! (3 points)

There are a ton of great websites, books and articles with activity suggestions. Here are a few sites you can check if you want to get even more ideas! If you find one you like, let us know and we can add it to the list.

https://dreamgym.wordpress.com/2009/02/09/burn_energy/#entry

<https://www.parenting.com/activities/18-fun-active-indoor-activities/?pnid=108121?page=9>

<https://handsonaswegrow.com/>

<https://kidsactivitiesblog.com/60444/diy-bubble-machine>

In addition to this activity challenge, Canton Parks & Rec has put together a booklet of free or low cost ideas for you to do at home. To have even more fun, click here to check it out:

https://cantonct.myrec.com/info/activities/program_details.aspx?ProgramID=29175

4 point Activities

26. Chalk Messages (4 points)

Time to spread positivity! Use some chalk to write out messages each day of kindness, joy and happiness. Please share a picture or two of your drawings that we can share with the community.

27. Funny Bunny! (4 points)

Find that you have a bunch of extra toilet paper rolls around? No problem! This activity is a great way to recycle those rolls. Make your very own bunny with toilet paper rolls. Click this link

(<https://www.thebestideasforkids.com/toilet-paper-roll-bunny/>) to get full instructions and feel free to sub out any of the material for things you have around the house. For example, if you don't have pipe cleaners - use straws or sticks!



28. Kindness Rocks! (4 points)

Find some rocks and paint with inspiring messages! Please take a picture of your rocks for us to share with the community. Going on a walk? Maybe leave

one or two of them out (in a safe location) for other people to find. It will make their day!

29. Community Scavenger Hunt (4 points)

Take a walk around the community and see if you can find the following items:

- House with black shutters
- House with red door
- See if you can find any flowers on your walk
- Chalk Messages
- TP Rabbits in any windows (see challenge #26)*
- Dogs
- Kindness rocks (see challenge #27)*
- Blue truck
- Green car
- Cyclist
- Runner
- Cardinal
- Farm animals (make sure to list what you find!)
- Stop Sign
- Yield Sign
- Crosswalk
- White Fence
- Fire Hydrant
- Mailbox
- Brick House
- Traffic Light
- Flowers
- American Flag
- Bench

Receive an extra **5 points** by taking a picture of your completed list. Receive another **2 points** if you include a picture of you actually doing to the hunt!

10 point Activity (Yes, that's right! TEN POINTS!!)

30. Virtual Spring Clean Up Day! (10 points)

Help celebrate Earth Day and show your community pride by joining your friends and neighbors *virtually* for the 5th Annual Spring Clean Up event.

Instead of meeting at Mills Pond Park or other designated locations we ask that you pick an area in your neighborhood to clean up. To receive the 10 points you will need to register for the clean up event. Click here to register today:

https://cantonct.myrec.com/info/activities/program_details.aspx?ProgramID=29047 Please take some pictures of you doing the activity that we can share with the community. Thank you!