



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Looking for ways to awaken your child's imagination and inspire healthy choices just in time for summer?

Check out these great ideas designed to help kids get (and stay!) on a healthy development track. These ideas can also awaken the imaginations of friends, neighbors, and community members as we rally together to keep kids active this summer.

PHYSICAL ACTIVITY

HOP, SKIP AND JUMP: Draw a hopscotch board (or 2 or 3) on a park sidewalk with sidewalk chalk.

DOWNWARD DOG: Do kid-friendly stretching and yoga together every day.

DANCE IT OFF: Host an impromptu family dance competition in your living room.

GO AROUND IN CIRCLES: Set up hula hoops and see who can keep them rolling the longest.

READY. SET. GO!: Set up an obstacle course, inviting neighborhood kids to race their parents for the best time.

EVERYBODY PLAYS: Ask neighbors to host a neighborhood play date including games like freeze tag, kickball or follow the leader.



HEALTHY EATING

HEALTHY TASTE TEST: Provide samples of fresh fruit and/or veggies, inviting your kids to close their eyes (or use a loose blindfold), taste the food and guess what they are eating.

GET COOKING: Let your kids help you cook healthy meals at home by mixing ingredients or creating their own homemade pizza.

STEM & THE ARTS

COMMUNITY MURAL: Hang a giant piece of paper on the wall, inviting your family to draw or paint pictures of their favorite activity to do together.

TAKE FLIGHT: Print a paper airplane template off the Internet and build some planes. See whose can fly the farthest!

BUDDING BOOKWORMS: Let your kids check out a book from the local library and read it to them at home.

SHOW OF HANDS: Create a puppet of a character from one of your child's books from story time using craft materials.

WAY TO GROW: Plant and grow some herbs in your kitchen windowsill and show your kids some simple ways to use herbs/vegetables in healthy recipes at home.

MAKE SOME MUSIC: Make your own musical instruments (shoe box + rubber bands = guitar! or create their own shakers filled with items such as rice or beads).

BUILD IT: Build a suspension bridge from straws, masking tape and dental floss. Test its strength by hanging a paper cup filled with coins from the center.

SUMMER ACTIVITY CHALLENGE

Name _____
Address _____
Phone Number _____
Contact Email _____

MAY

- ☐ PARTICIPATE IN KIDS ZUMBA
- ☐ STRETCH IN KIDS YOGA CLASS
- ☐ TAKE A KIDS BOOT CAMP CLASS
- ☐ RUN 3 MILES IN ONE DAY
- ☐ SHOOT HOOPS FOR AN HOUR
- ☐ DRINK 64 OZ OF WATER A DAY
- ☐ PLAY OUTSIDE FOR 60 MINUTES
- ☐ CLIMB ON A JUNGLE GYM
- ☐ DISCOVER A NEW VEGETABLE
- ☐ VISIT A MUSEUM
- ☐ PLAY KICKBALL

Even Better Ideas:

JUNE

- ☐ LEARN TO SWIM
- ☐ GO ON A PICNIC
- ☐ PLAY CATCH
- ☐ READ A BOOK FOR FUN
- ☐ PLAY HOPSCOTCH
- ☐ GO SKATEBOARDING
- ☐ TRY DRAWING OR PAINTING
- ☐ LEARN GYMNASTICS
- ☐ PUT ON A CARNIVAL
- ☐ WRITE A POEM
- ☐ PLAY BASKETBALL
- ☐ LEARN TO SEW

Even Better Ideas:

JULY

- ☐ GO TO THE PARK
- ☐ PLAY BASEBALL
- ☐ PLAY WORD GAMES AND PUZZLES
- ☐ HAVE A TUG OF WAR
- ☐ TAKE DIVING LESSONS
- ☐ VISIT THE MARSHALL AQUATIC CENTER
- ☐ GO ROLLER SKATING
- ☐ LEARN TO HULA HOOP
- ☐ PLAY HIDE-AND-SEEK
- ☐ PLAY SOCCER
- ☐ READ ANOTHER BOOK

Even Better Ideas:

AUGUST

- ☐ GO TO THE ZOO
- ☐ PLAY TENNIS
- ☐ PRACTICE YOUR SPELLING
- ☐ WRITE A STORY
- ☐ LEARN TAE KWON DO
- ☐ MAKE YOUR OWN HEALTHY PIZZA
- ☐ PLAY FLAG FOOTBALL
- ☐ GO STARGAZING
- ☐ BUILD SOMETHING COOL OUT OF RECYCLED MATERIALS
- ☐ HOLD A RELAY RACE
- ☐ READ A MYSTERY

Even Better Ideas:

PRIZES: Participants can turn in the checklist with at least 10 completed activities to the Marshall Area YMCA by the 5th of the following month to receive a monthly prize. Prizes listed below are subject to change each month and quantities are limited. Keep moving, stay cool, and have fun all summer !

MAY
WATER BOTTLE

JUNE
JUMP ROPE

JULY
VOLLEYBALL

AUGUST
TBD