

Family Activity Challenge

Below are 10 activity challenges. You can choose the outdoor challenges, the indoor challenges or a combination of both. If a particular challenge doesn't work for your situation, substitute it for one on the other side of the page (or make up a new one). These can be done as a competition against friends and family or simply as an individual challenge. They can be done in the order that suits you best. Feel free to be creative and have fun!

OUTDOOR	INDOOR
<p>Build a fort or a snowman in your yard. (Take a picture.)</p> 	<p>Do the inchworm from one side of the room to another and back.</p> 
<p>-Jump up your front steps and walk down. -Hop up using one leg and then the other (you can compete to see who can do the most if you wish).</p> 	<p>If you have stairs in your home:</p> <ul style="list-style-type: none"> -walk up and down x1 -jump up and walk down x1 -hop up and walk down (one leg and then the other) -crawl up forwards, crawl down backwards (see who can go through this series the fastest). 
<p>Walk until you find a blue house (take a picture).</p> 	<p>Using masking tape, a rope, or the edge of the carpet or tile, tightrope walk forwards for about 10 ft. Walk backwards, try with eyes closed, try hopping on one foot and then try with the other foot. What are different challenges that you can do and stay on the tightrope?</p> 
<p>Play footprint tag:</p> <ul style="list-style-type: none"> ● Make several trails of footprints in the snow. Once you have completed a course, try to tag your opponents without stepping out of the footprints. 	<p>Do a wall sit for as long as you can.</p> 

Walk until you have counted 3 street lights.



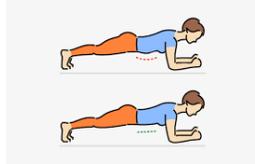
Sitting on a chair, stand up using one leg, alternate until you have stood up 10x's.



Find a clear patch of snow and make a snow angel



See how long you can hold a plank



Do as many sit ups in the snow as you can.



Using only your upper body (dragging your legs), see how far you can travel? Can you move through the whole space?



Find a children's play structure at a nearby playground. How fast can you: 1) get to the top, 2) get to the bottom, 3) travel through part of it (tunnel ladder slide)?



Find a clear space:
-balance on 3 parts of your body
-balance on 2 parts of your body
-balance on 1 part of your body



Find a tree and do a tree pose for as long as you can.



Sit/stand on opposite ends of the room, throw a pillow as many times as you can to a partner without dropping it. To make it more challenging, use your non-dominant hand, or sit on chairs.



Have a toboggan race:
-If you have a hill nearby...race down it.
-Pull each other a 50 ft. distance (you can vary the distance to your liking). Who is fastest?



Lie down on the floor (on your back). See who can get up the fastest without using your hands/arms.

