

Fun Physical Activities for the Summer

Go to the playground - go visit a local playground and explore all the climbing equipment, swings and slides. Supervise and assist your child as necessary. Sometimes all a child needs is some verbal reminders of how to use the equipment such as "try moving your foot to the next ladder". If your child is fearful of movement, let him explore at his own pace. If your child has decreased safety awareness, review all playground rules before play and supervise closely.



Hit the pool or lake - Swimming is a wonderful fitness activity for all levels. It is a great way to strengthen muscles and improve overall endurance. Practice balance and jumping skills in the water, it makes it fun if you do fall!

Take a hike - Go on an adventure in the woods. Look for hiking trails appropriate for children - level and smooth. Many trails that are handicap accessible are perfect walking trails for younger children. Create a list of things to look for on your hike such as three birds, one squirrel, turtle, yellow leaf, etc. See how many you can find.

Play games in the yard - Here are several fun games for the backyard:

Scavenger Hunt - ask your child to find three things in the yard such as brown leaf, green leaf and white rock and bring in back within one minute.

Green Hunt - cut up green construction paper into one inch by 8 inch strips. Hide the green paper strips in the grass. The child must find all the strips that you have hidden.

Bubbles, Bubbles, Bubbles - practice blowing bubbles and chasing them. Blow bubbles, catch it on wand and child can clap or kick the bubble to pop it.

Sidewalk Chalk Games - Hopscotch is always a great physical activity to practice jumping, bilateral coordination and motor planning. Draw long, twisty lines with the chalk and child can try to walk on line without stepping off.

Ball games - play catch with a different sized balls, beach balls or even better water balloons. Practice dribbling a ball with your feet - use a beach ball or balloon for easier control to start.

REMEMBER - HAVE FUN AND BE SAFE!!!!!!