



LET'S  
**GET ACTIVE**  
AT HOME AND STAY  
**CONNECTED**

**3 EASY ACTIVITIES**



**How?**

What should we do when we're stuck at home. These 3 kid fun activities are a surefire way to get up and out of those seats. Each can be done over video chats or in person (stay safe).



**1**

**How High Can You Go**



5 high jumps  
(jump as high as you can!)

5 broad jumps  
(jump as far as you can!)

Repeat for 10 rounds, or 10 minutes  
(no jump rope required)

**2**

**Freeze Dance**



The rules are simple:

1. Dance when the music plays
2. When the designated DJ stops the music, everyone freezes

**3**

**Balloon Volleyball**

Here's how to get started:

1. Find an open space
2. Get a balloon and blow it up
3. You can use your hand or paddles (if your outside)
4. And play, make your own fun!

