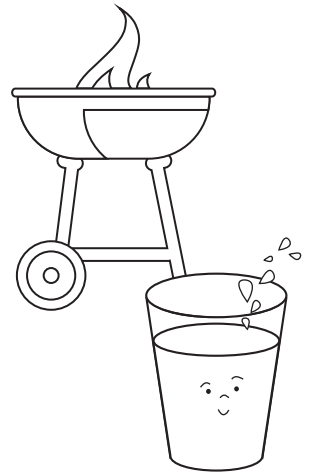
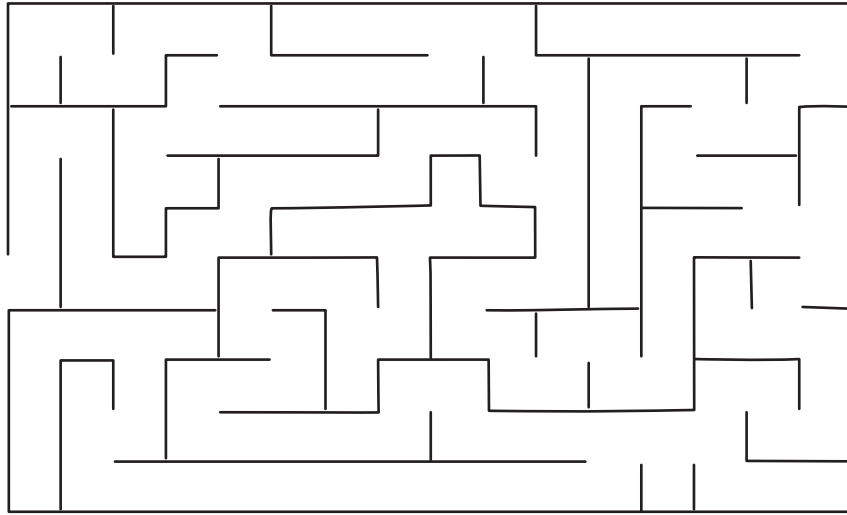
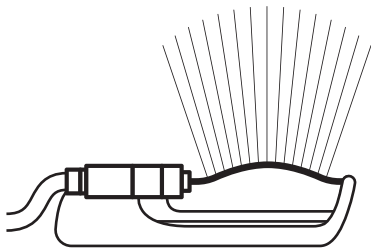


Backyard **BBQ** Activities



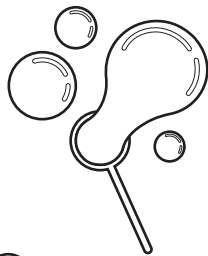
Help the fruits & veggies find their way to the grill.

While you're busy minding the grill, keep the kids busy with these fun outdoor activities. Remember, kids need 60 minutes of physical activity every day and adults need 30. So, once you're done cooking, feel free to join in!



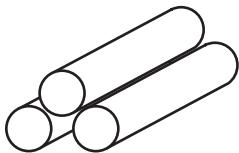
SPRINKLER

- Create a sponge relay race by giving each team their own bucket and sponge and take turns running back and forth
- Play tug of war by grabbing a rope, divide up into two teams on opposite sides of the sprinkler and tug! Try to avoid the water but warning: you may get wet.
- Create your own sprinkler obstacle course.



BUBBLES

- Blow bubbles then run around and pop them.
- Blow a big bubble and try to keep it afloat from one end of the yard to the other.
- Bubble Tag: Blow a bunch of bubbles and try to avoid them.



CHALK

- Draw 4 squares, grab a bouncy ball and play 4 Square.
- Draw a hopscotch course kids can hop through.
- Draw a maze then walk, run or bike through it.

Find more healthy activities and healthy recipes for kids at ShapeYourFutureOK.com.