

Ideas for your
healthy family

cookchildrens.org

CookChildren's



Games and activities

Take this time to stay connected and engaged as a family.

Get moving

Have a relay race:

Divide the family into teams and 1... 2... 3... GO!

Scavenger hunt:

Create a list of items from your home, yard or on a walk.

Create an obstacle course:

Find objects around the house or in the yard to create an obstacle course for the whole family.

Play hide and seek:

Take turns trying to find a family member.

Physical education class:

Let your children control the workout! Have them lead the family in a class.

Stay engaged

Movie night:

Pop some popcorn, turn down the lights and create an in-home theater experience.

Game night:

Play cards, a board game or solve a puzzle.

Make a fort:

Tie up some blankets, pull out some pillows and create a cozy space to read and relax.

Cook or bake together:

Try a new recipe and encourage your kids to help with tasks.

Read a book:

Reread or start a new book as a family.

