

Make Your Living Room

an Adventure Playground

Great for Young Families at Home this Summer



Simple challenges written on sticky notes & placed around the room (e.g., jumping jacks).

Bowling with a soft ball and plastic bottles.

Painter's tape maze on a hard floor.

Limbo dance with mop, two high stools or chairs, and music.

Crawl-through tunnel with dining room chairs or tables.

Blanket fort movie night with two dining room chairs, a large sheet, cushions, and a tablet to watch a movie on.

Hoops challenge with a ball of rolled socks and a laundry basket.

'Egg and spoon' race with spoons & some type of spherical object, like a foam ball or marbles.

'Find the toys hidden in the living room' timed contest.

'Get to the island' with a rug as the island and sheets of paper on the floor as stepping stones with challenges or 'go forward/backward' written on them.

'Floor is Lava' course with cushions.

Bounce a balloon or beach ball as many times as you can before it touches the floor.

'Between-the-knees' waddle race with a balloon.

Painter's tape tic-tac-toe or hopscotch.

Paper airplane races.

Plastic cup tower building or knock-down points scoring with a ball of rolled socks & increasing distances.