

# 10 Ways to Make Family Walks Fun

Take advantage of the beautiful spring weather, and gather your family outdoors for a walk. Walking can be a fun and engaging family activity. Keep your kids from becoming tired and disinterested by livening up your stroll with these fun walking games. Activities such as these help children get excited about taking hikes and exploring the outdoors.

**Count Off:** Pick an item to keep track of on your walk, such as bicycles, dogs, or dead trees. Count as a family, or have each person pick a different item and see who can count off the most items.

**Spelling Bee:** Challenge kids to spell different words based on what they see on your walk. These can be as easy as “bird” or “leaf” or as difficult as “caterpillar” or “bicyclist” for children that are older.

**Hot or Cold:** Hide a small object in a designated area, or ahead of time on the path you plan on walking. Have children try to figure out where it is by asking “Hot” or “Cold.” If they are getting closer to the object, answer “Hot.” If they are moving in the wrong direction, tell them they are “Cold.”

**Catch the Color:** Throughout your walk, shout out different colors, and have each family member try and be the first one to “catch” that color. For example, if you holler “yellow,” they would try and be the first one to reach a dandelion in the grass. Whoever catches the color first gets to choose the next one.

**Cloud Shapes:** Have children look up into the clouds and share the different shapes, animals, objects, and people they “see.” You can also make it fun by picking an interestingly shaped cloud and asking what everyone thinks it looks like. You’re sure to get some creative answers and laughs out of this game!

**I Spy:** This simple car ride game is just as fun on foot! You can even get creative and add rules to the game such as “natural items only” or “pick something that begins with the first letter of your name”.

**Interval Training:** If your kids are old enough, challenge them during your walk to do fun and different moves besides just walking. Have them run, jump, skip, bear crawl, inchworm, etc.

**Alphabet Scavenger Hunt:** Have children use their senses to look, listen, and smell different items while on your walk. If they notice something, help them write it down. Try and come up with one word beginning with each letter of the alphabet. See additional flyer for a handy Alphabet Walk guide to help you record what you find.

**When You Hear...:** Designate a “trigger sound” such as a bird chirping, dog barking, or car horn honking. Line each member of your family up in a single file line and begin walking. Whenever you hear the “trigger sound” the person at the front of the line turns and runs to the back, becoming the caboose. Continue until everyone has gotten to be line leader at least once.

**Poetry to Go:** Take turns creating a poem-on-the-go. Start children off with a line they can easily rhyme to, such as “I really love to walk.” They can follow up with something such as, “Look, I found a rock!” Continue the poem until you’re out of rhyming words, then begin with a new line.



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Adapted from the following sources:

About.com Family Fitness. Retrieved Mar 27, 2014 from <http://familyfitness.about.com/od/seasonalsportsandfun/u/springactivities.htm>

Parent Dish. Retrieved Mar 27, 2014 from <http://www.parentdish.co.uk/fun-and-activities/10-games-to-play-on-a-country-walk-activities-for-children/>