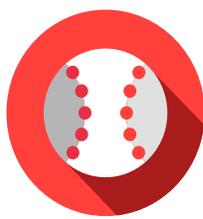
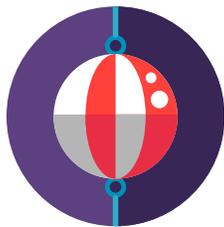


# Outdoor Family Activities for Spring



**Backyard Games:** Have a blast playing the classic, outdoor games together such as hide-and-seek, freeze tag, Red Rover, and more. Encourage children to be creative and come up with their own variations of the different games. The opportunities are endless!

**Take a Family Walk:** Whether you take a challenging nature hike, or a simple stroll around the block, walking doesn't have to be boring. Incorporate games such as "I Spy" or a scavenger hunt activity to keep children engaged.

**Go Geo-caching:** As a family, search for a geocache by using a hand-held GPS device to find a cache near you. These can be found at [geocache.com](http://geocache.com). When you find one, pick up a prize and leave your own for someone else to find.

**Skate or Rollerblade:** Kids love moving with wheels, so strap on some skates and find an open area or skate park to go roller skating. Safety first though, ensure children are well protected with pads and a helmet.

**Play Catch:** It may be simple, but a game of catch can provide hours of active entertainment. Try playing catch with different objects, such as footballs, Frisbees, boomerangs, and more.

**Take a Bike Ride:** Strap your helmets on, and explore your neighborhood, park, or local trails together on a family bike ride.

**Get out on the Water:** It may not be warm enough to swim during the spring, but the weather can be perfect for boating or paddling out on the water. Find a lake or river near you and try canoeing, kayaking, or row boating as a family.

**Swing a Racket:** Play a game of tennis, racquetball, or badminton together as a family. If you have younger children, start by teaching them how to swing and practice volleying back and forth.

**Fly a Kite:** Spring is infamous for windy days, so take advantage of this by flying kites as a family! Simple kites are inexpensive to buy, easy to operate, and are an excellent source of physical activity, as kids will run back and forth trying to get their kite in the air.

**Plant a Garden:** Outdoor activities don't have to be ALL fun and games. Put children to work in the garden by having them help plant, weed, rake, dig, or water. Most likely, they will learn to love it, especially when they are rewarded with fresh garden foods to eat.

