

## Family Activity #1

**Purpose:** To help families realize there are a variety of places they can go in their neighborhood to participate in some of their favorite activities.

**Equipment needed:** Access to a computer and the internet, and any equipment that is needed for the activity

### Activity Description:

Go to this web site [www.goplaykansas.com](http://www.goplaykansas.com) and do a search of all of the activities that can be found within two miles of your home address. (If you need to increase the distance you can do that but start with 2 miles.)

First type in your address, then select 2 miles, then select “find an activity/any” and submit the information.

Check out how many parks are within two miles of your home and see what amenities/activities are available at each park. Once you have done that, let each family member choose a different park that has an activity they would enjoy. Select a day for each person in the family and put their name on the calendar. On the selected day, go to the park that was chosen by that family member and spend at least 30 minutes doing an activity together as a family.

To make it a special day, have the family member whose “day” it is choose a healthy treat or snack to have when you are finished with the activity.

## Family Activity #2

**Purpose:** To provide families with a variety of places where they can walk or jog.

**Equipment needed:** Access to a computer and the internet, and a pedometer (can be done without pedometers)

### Activity Description:

Go to this web site [www.goplaykansas.com](http://www.goplaykansas.com) and do a search of all of the trails that can be found within two miles of your home address. (If you need to increase the distance you can do that but start with 2 miles.)

First type in your address, then select 2 miles, then select “find an activity/find a trail/walking or jogging/any surface” and submit the information.

Schedule a time to take four 30 minute walks (or jogs) on one of the trails. Try to go to at least two different parks so you will know what the trails are like in different places. If you have a pedometer, wear the pedometer and see how many steps you take during that 30 minutes. Fill out the attached chart after each walk.

## Happy Trails

Date	Park	What did each person like best about the trail?

### **Family Activity #3**

**Purpose:** To provide families with a variety of playground facilities

**Equipment needed:** Access to a computer and the internet

**Activity Description:**

Go to this web site [www.goplaykansas.com](http://www.goplaykansas.com) and do a search of all of the playgrounds that can be found within five miles of your home address. (If you need to increase the distance you can do that but start with 5 miles.)

First type in your address, then select 5 miles, then select “find an activity” with “playground” and submit the information.

Go to a park you haven't been to before and find the playground equipment at that park. After you have been to several different places, take a vote as a family and see which park is the family “favorite”!

## **Family Activity #4**

**Purpose:** To provide families with a walk/jog challenge

**Equipment needed:** Access to a computer and the internet, and a pedometer (can be done without pedometers)

### **Activity Description:**

Go to this web site [www.goplaykansas.com](http://www.goplaykansas.com) and do a search of all of the trails that can be found within two miles of your home address. (If you need to increase the distance you can do that but start with 2 miles.)

First type in your address, then select 2 miles, then select “find an activity/find a trail/walking or jogging/any surface” and submit the information.

Select a trail that has a “loop” for this activity. Divide the family into two “teams” and have each team start at the same place but go opposite directions. As you walk or jog, notice some interesting sites along the trail. When the two teams meet, take some time to share two or three sites for the other team to watch for as they finish the loop. When both teams are back at the starting place, see if the “sites” were found.

## **Family Activity #5**

**Purpose:** To provide families with a variety of ideas for activities.

**Equipment needed:** Access to a computer and the internet

### **Activity Description:**

Go to this web site [www.goplaykansas.com](http://www.goplaykansas.com) and look on the “merchandise” section. Take turns choosing a slogan on one of the shirts. Then, do a search of all of the places that can be found where you might be able to do that activity. (Start with 5 miles but you may have to increase the distance for some of the activities.)

First type in your address, then select 5 miles, then select “find an activity/find the activity you selected” and submit the information.

Then, as a family go to that park and do the activity for at least 30 minutes. This is a great way to try some new adventures!