



## Activities for Kids



### Alphabet Scavenger Hunt

Challenge someone to an alphabet scavenger hunt. Have each child write the letters on paper or line up their findings. Start with the letter A and get to Z or work backwards! Keep track of who is the first to find each item to see who wins.

### Chopped: Friends Edition

Determine a list of random ingredients that everyone has in their kitchen. Set a timer and race to see who created the most creative final product. Facetime each other and show the results. Don't forget to comment on how the creation actually tastes!

### Geocaching

Download the Geocaching app ([geocaching.com](https://www.geocaching.com)) and set out to find the hidden treasures using the GPS from your phone and the clues provided!

### Hide and Find

Secretly hide an object in a friend's yard for them to find. Let them know what is hidden. Once found, have them return the favor! Sweeten the deal and if they find it by a certain time, they win a prize!

### Hide Painted Rock

Paint/Decorate rocks of various sizes and hide them in the neighborhood or around town. Consider setting up a special email for the finder to send a message of where the rock was found and if they kept the rock or hid it again. Write the email address on the bottom of the rock. Put out a message on the Next Door App to encourage participation

### iNaturalist app

Download the app and when out walking, look for plants, flowers, bugs, and animals. Take a picture and the app pulls up a list of items that look like what is discovered. Select the one that fits best and learn!

**Leaf Confetti**

Search for leaves on the ground and collect them. Use paper punches and cut out different shapes of confetti. Gather the confetti in a container and when ready toss it in the air or make different art designs out of the confetti pieces.

**Lego Challenge**

Watch an episode of Lego Masters and then create your own masterpiece with Legos. Facetime friends and have a competition.

**Lunch Doodle with Mo Willems**

Read one of Mo Willems books and then spend some time with him doodling and learning to draw.

**Nature Art**

Find things in nature and get creative by making art out of the findings.

**Pay it Forward**

Create pictures/paper flowers or other random surprises with a nice note and leave them on the porch of a neighbor to spread some random good cheer.

**Pen Pals**

Write letters, poems, stories, or creative art and mail to friends, relatives, or contact the senior center, nursing home, assisted living, or the children's hospital for a possible pen pal.

**Outdoor Games**

Bocce Ball

Corn hole (beanbag toss)

Frisbee

Kickball

Horseshoes

Pool Noodle Tag (can only tag with the end of the pool noodle)

Washer toss (two boxes and a container in the middle of the box. Washers are \$7.00 on Amazon)

For other resources, go to: [wellfirstbenefits.com/realgoals](https://www.wellfirstbenefits.com/realgoals)

For help to translate or understand this, please call (800) 279-1301. (TTY dial 711)