



Bright Ideas: Summer Activity Suggestions

1. **Using sidewalk chalk** - make your own hopscotch courts or mazes on a sidewalk or driveway.
2. **Using bubbles** - try popping them with only one hand. With your thumb. With your pinky finger. With your toe. By clapping your hands together.
3. If your child uses a walker, walk at the park or in the grass.
4. Learn to throw a Frisbee™ or a football.
5. Go for a bike ride.
6. Go swimming at the local pool.
7. Play “Kick the Can”.
8. **Using a balloon** - see how long you can keep it up in the air by hitting it with your hand, a racquet, or even a popsicle stick.
Be aware that pieces of broken balloon can pose a choking risk, so pieces should be picked up immediately. Young children should be supervised at all times when playing with balloons.
9. Run through the sprinkler.

