



Four games to get the kids moving outside

Here are some fun games you can play outside.

Remember to wear sun-protective clothing including a hat and apply sunscreen regularly.

Buried treasure



What you need

- Coins or other 'treasure'
- Old spoons to dig with

What you do

1. Plant some coins in your garden.
2. Let the kids choose which spoons they'd like to dig with.
3. Get the kids to dig for 'buried treasure' – they'll be entertained and active for hours!

Egg and spoon race



What you need

- A spoon
- An egg (or another object you can balance on a spoon)

What you do

1. Make a start and finish line and get players to stand at the start line.
2. Get each player to place the egg onto their spoon and then place their other arm behind their back.
3. When you say go, players race as fast as they can without the egg falling off the spoon to the finish line.
4. If the egg falls the player must go back to the start line.
5. Whoever crosses the finish line first with their egg still balanced on their spoon and an arm behind their back, wins. Happy balancing!

Hopscotch



What you need

- Chalk
- A different rock for each player

What you do

1. Draw a hopscotch game layout on the concrete with chalk. Number the squares from one to 10.
2. First player throws their rock onto the first square. They

then hop over that square to the second square on one foot. On double squares you must land with your feet side by side.

3. First player turns around and comes back the same way. When they get to the square with the rock they must balance on one foot and pick up the rock. If completed with no mistakes then the player goes again and throws their rock to the second square and so on.
4. If while throwing the rock the player misses the right square or it lands touching a line then they lose their turn and it is the next player's turn.

REMEMBER: Rules are that you can't step on a line, miss a square, hop in the square with the rock in it or lose your balance. If you do any of those four things your turn is over and the next player has their go.

Nature bracelets



What you need

- Sticky tape

What you do

1. Before a walk, wrap sticky tape around the kids' wrists, sticky side facing out.
2. Go for a walk and encourage the kids to find things from nature like leaves, petals and small pebbles to stick to their 'nature bracelets'.
3. Make it a game by seeing who can find the most petals, green leaves or seeds.



Let's teach them Good Habits for Life

For more ideas to help get your family going, visit www.act.gov.au/goodhabitsforlife

