



Family Field Day Activities

Overview: Plan a field day event in your own back yard! Here are some activities, tips and tricks to holding a Mind & Body-themed field day with your family.

- **Find a theme:** Get together with your family and pick out your favorite movie or book to theme your @Home field day event.
 - o Example: Space movie theme, cartoon movie theme, etc.
- **Choose what works for your family:** Choose your level of competition. Your family can all be on the same team always working together toward a common goal, or you can split up and make teams if you choose the competitive side.
- **Make your own team logo or family crests!** Whether dividing up by teams or working as one group, design a team logo. Pick a color, animal, flower, tree, or plan outfits to coordinate.
- Decide on a healthy team snack.
- **Designate roles:** Decide on the “jobs” each family member will have.
 - o Examples: Team chef makes the healthy team snacks; team stylist picks “uniforms;” team manager keeps track of time and checks off activities as you complete them; team marketing director helps design the family; team trainer in charge of stretching and safety, etc.
- Print out these [mini posters](#) about Good Listening, Respect, and Teamwork, and post around the house.
- Equipment mentioned in the activities below are just suggestions. Free feel to get creative and use similar items that you have around the house!

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Activity: Floatin' On a Breeze

- Equipment:

- Anything that floats in the air (shopping bags, paper, scarves, balloons, sandwich bags filled with air, feathers, etc.).
- Decide on a "goal area" (couch, chair, container, person, etc.).
- Decide how the objects will travel (hot air, pillows, pool noodles, an elbow, a knee, soft toys, etc.).

- ### - Objective:
- Make a pile of floaters at a starting point. Plan to get the floaters to their final destination by tossing them in the air and seeing which piece of equipment works best to keep it afloat as it travels through the air to its goal area. If working together as one team, time yourselves to get a best effort score, then repeat to try for a better score. If working as teams, set up two different game areas with equal amounts of floaters. Compete for the fastest time or set the time and see which team can move the most number of floaters in the 60 seconds.

- Follow-Up:

- What happens if the floaters touch the floor? Do we start back at the beginning, is it strike one, or is there an exercise payment to do before picking the floater back up and continuing where you left off?
- What do we say to the winning team?
- What do we say to any team that didn't win?



Activity: Fitness coding

- Equipment:

- Set up a grid of at least three objects x three objects (nine objects). 16 objects for a 4x4 grid, 20 objects for a 5x5 grid, etc.
- The grid corners can be marked off by plastic cups, pieces of paper, toys, etc.
- Underneath each grid marker should be a piece of paper with an exercise on it. Mark one side of the grid as the beginning, and the opposite end as the finish line.
- On other pieces of paper draw a grid to match what's on the floor.
- Using the dots, draw a path that starts at the starting line and finishes as the finish line going from dot to dot. No back tracking. Put all the different pathway "codes" in a pile.

- ### - Objective:
- Divide the family up into partners or work together. One person stands at the finish line with one of the codes and is only allowed to answer with a "yes" or "no." The partner, or the rest of the family, stands behind the starting row of cones and tries to guess where the code begins. When they make a choice, the code holder decides if they've guessed correctly or not. If the code breaker guessed correctly, the code holder has to do the exercise that's underneath the marker. If the code breaker(s) guessed incorrectly, the code holder says no, and the code breaker has to do the exercise that's underneath. When the exercise is finished, another guess is made. When the code breaker is in the middle of their code and makes an incorrect guess, remember to go back to the last correct guess before making a new guess. When the code has been officially broken, switch jobs so participants can have turns doing different things.



Activity: Fill 'Er Up!

- **Equipment:** 20 objects, four “corners.” These corners can be marked off or just containers to hold the objects. Put five objects in each corner of play space.
- **Objective:** Place one or more people at each corner. On a “go” command, one person from each corner leaves and steals something from a different corner, runs back and gently places that item in their corner. Then the next person can go. Play for a certain amount of time and see how many pieces each corner can collect. Easy to set up more or less corners depending on space, the amount of people playing, or creativity!

Play it backwards! Make sure each corner has the same amount of treasure. On your turn, take one item out of your corner and give it to another corner. Try to be the first group to empty your corner!



Activity: Take a Kindness challenge art break!

- **Equipment:** Paper, crayons, markers... whatever you have!
- **Objective:** As a family, take a break and catch your breath! Work together, or everyone work independently, to create a small poster about ways to show kindness to each other during your long stretch at home. Display them nicely somewhere as a reminder. Consider adding ways to show kindness to other people (e.g., extended family, friends, strangers), even though you can't be with them!



Activity: Stretchy McStretcherson!

- **Equipment:** Yourself!
- **Objective:** Pick a balance challenge from the pictures below that your group or family wants to recreate.
 - o Be creative! If the picture shows a different amount of people, how can you best recreate it with the amount of people you have? Or better yet, can you create your own group challenge, or balance poses?
 - o Try to hold the positions and see if you can control your breathing. Can you turn this into a mindful minute? Or maybe just fall and laugh!





Activity: HALTED charades

- Equipment:

- o Cut up pieces of paper with the following written on on each piece:
 - H: Hungry. Am I hungry?
 - A: Angry. Am I angry?
 - L: Lonely. Am I lonely?
 - T: Tired. Am I tired?
 - E: Embarrassed. Am I embarrassed?
 - D: Disappointed. Am I disappointed?
- o Fold them up and put them in a pile.

- **Objective:** One person will pick one a piece of paper and try to act out the emotion on the card. The rest of the group will try to figure out what the person is acting out. Before a person starts acting out their card, have them ask the question “why am I upset?”

- Follow-Up:

- o How do we feel when we're HALTED?
- o When we act out of a HALTED emotion, how could that make somebody else feel? How would that make me feel?
- o How can we move forward after we have chosen an inappropriate way to act on our emotions? Find a way to verbally or physically apologize. Remember the correct response after an apology is to say thank you!



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Activity: Push-up Furry!

- **Equipment:** Balled up pairs of socks (or small-to-medium sized play-balls)
- **Objective:** Set up in partners or full group in a circle. Everyone faces the middle of the circle in a high plank position (the 'up' position of a push-up). The objective is to roll the socks around and through the middle of circle, trying to score a goal by having the socks roll past the arms of another person. As each person is their own goalie, they need to use a hand to stop the ball from rolling through their arms. You're allowed to put your knees down to rest at any time, but you can't touch the ball while knees are down. Play for time or play for points. Your choice!



Activity: Squat flip challenge!

- **Equipment:** A partially filled bottle of water for each participating person.
- **Objective:** How many water bottle flips can you get in one minute, while holding a squat position?!
 - o If you have enough equipment, each person gets their own water bottle.
 - o Use a clock or timer and set it to an agreed upon time (30 seconds? One minute? Two minutes?).
 - o Remember to squat with hips going back so knees don't bend out past the toes!
 - o Everyone gets into the squat position and start the timer.
 - o Hold the bottle by the top and flick the wrist so the bottle flips as it falls to the floor. If it lands straight up and down it's a point!
 - o You can either count your own flips, or even better, add everyone's total flips together at the end to get a grand score.
 - o Massage and rest your legs and try another round to beat your best score.
 - o Use positive and fun words to support each other throughout the challenge: "Feel the burn! Stay strong, you can do it! Flip that bottle!" "Oh so close, don't give up, stay positive, we can do this!"

REMEMBER: Out loud words become inside thoughts so keep it positive!



Activity: Take a kindness card challenge break!

- **Equipment:** Use the SHAPE America [kindness card templates](#) to have each write down a kindness pledge or write your own kind messages onto pieces of paper. Once completed, fold them up and put them in a pile.
- **Objective:** One person from the group or family will pick without looking at a kindness message from the pile. Using capital letters and no talking, use your finger to spell out the kind message: one letter at a time, one word at a time. You can shake your head yes or no to help your family.
 - o Want to make it more of a challenge? What if you find items in the room that start with each letter in the card? So instead of finger drawing a “T,” point to the table and get the family to guess “T.” Then go onto the next letter. Maybe someone in the group can write down the letters as they are correctly guessed, to help keep track of the message as it’s revealed!
 - o Once you’ve gone through all the cards, have a discussion about the pledges. Why does this pledge matter to you? How will you carry through?



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Activity: Emotion Matching Relay

- **Equipment:** Print the SHAPE America [Emoji Rating Scale](#) and cut out each emotion face and word separately. Print and cut one set per team or group. A cup or bowl per partner group or team.
- **Objective:** This activity promotes emotion recognition and builds emotional vocabulary. Divide up into teams or partners. Each team or partner set will line up on one end of the room or driveway with the emotion words lined up at their feet. On the other side of the room or driveway, place the emotion faces in a cup or bowl. One person from each team can hop, crab walk, or bear crawl to the cup or bowl, grab a card and return to the starting line to place the emotion face with the correct emotion word. Continue doing this until the first team finishes. The team that correctly matches the emotion faces to the emotion words first wins! Remember to allow each team to finish before ending the game.





Activity: Musical Chairs, Emotion Share!

- **Equipment:** A set of chairs in a circle, one for each participant.
- **Objective:** This activity will help children gauge their own emotions, the emotions of others and learn to openly discuss their feelings. Label one chair with a special symbol. In this version of musical chairs, no one is “out” at the end of the round! When the music stops, give the person sitting in the special chair one of the following emotions (or feel free to think of your own):
 - o Happy, sad, surprised, scared, disappointed, excited, frustrated

That person will share a time/scenario from a movie or tv show/cartoon where a character felt the emotion they selected. Have them explain why they think that character had that emotion. Let the conversation flow naturally within the group.