



# PICK YOUR PLAY

## Anywhere

- Fly a kite
- Sidewalk Chalk Games
- Play Frisbee Golf\*
- Have a Water Fight\*
- Red Light, Green Light\*
- Paint Cement with water
- Go on a Hike
- Michelangelo's Madhouse\*
- Paper Airplane Contest\*
- Random Act of Kindness
- Pretend Stick Fight\*
- Have a Picnic Lunch
- Play Duck Duck Goose\*
- Play Soccer or Basketball
- Have a Treasure Hunt\*
- Have a Dance Party
- Play Mother May I\*
- Follow the Leader\*
- Create a Music Video
- Go Geo Caching
- Climb Trees
- Make a Fairy Garden
- Play Outdoor Bingo
- Run through Sprinklers
- Nature Scavenger Hunt
- Play Marco Polo\*
- Ride a Bike or Skates
- Play Catch
- Have a Dance Off
- Outdoor Alphabet Hunt
- Hula hoop Challenge

- Mulch is Lava
- Playground Obstacle Course
- Play Hide-n-Seek\*
- Capture the Flag\*
- Imaginary Restaurant
- Play Four Square\*
- Play Freeze Tag\*
- Build a Fort
- Play Kick the Can\*
- Ghost in the Graveyard\*
- Jump Rope
- Hopscotch
- Catch Lightning Bugs

## Petersburg

- Hike Petersburg National Battlefield
- Walk Roslyn Landing Trail
- Run around the Petersburg High School track
- Enjoy time in Central Park
- Shoot hoops at Lee Memorial Park
- Picnic at Cooper Memorial Field

## Chesterfield

- Check out the Nature Center at Rockwood Park
- Explore the woods at Robious Landing Park on the path along the James River
- Hike, paddle, swim, & explore Pocahontas State Park

- Explore the floating boardwalk at Point of Rocks

## Hopewell

- Check out the inclusive play structures at Woodlawn Park
- Create an obstacle course at Arlington Park's playground
- Chase friends at Crystal Lake
- Walk Piazza Path at Dupont ES

## Henrico

- Bryan Park - play disc golf, enjoy the trails, fields, and playground
- Explore the lake at Dorey Park
- Look for turtles at Tuckahoe Creek Park
- Take your pup to Short Pump Dig Park
- Smell the flowers at Lewis Ginter Botanical Gardens

## Richmond

- Hollywood Cemetery - Look for the earliest birthday or do a gravestone rubbing
- Chase someone around the fountain at Monroe Park
- Play i-spy across the T. Potterfield Memorial Bridge
- Check out Canal Walk Murals
- Walk the James River Park Pipeline - flap your arms each time you see a new bird

\* Requires more than 1 person



## ACTIVITY EXPLANATION

**MULCH IS LAVA:** Pretend the mulch (grass or dirt) is lava and try to get from one object to another without setting foot on the "lava".

**MAKE A FAIRY GARDEN:** Collect sticks, moss, clover, leaves, etc and create an imaginary garden where fairies live.

**FRISBEE GOLF:** Go to an official course or pick different targets (like a tree) to hit with your frisbee (tip: it should take a few turns) and keep score as go. The lowest score wins.

**CAPTURE THE FLAG:** Create 2 teams and divide open field in half (sides). Place a flag on either end of field. One team tries to get other's flag without getting tagged. If tagged, go to "jail". Players can free teammates from jail by touching them.

**OUTDOOR ALPHABET HUNT:** Look around and find something that starts with every letter of your name, the alphabet, or a chosen word. Next, find shapes, colors, or numbers.

**IMAGINARY RESTAURANT:** Gather sticks, leaves, etc. to serve as food or just use your imagination, name your restaurant, decide type of food, and invite customer for a meal.

**KICK THE CAN:** Place can in open spot. Designate an "it" person who closes their eyes and counts to 50 (or higher) while other players hide. "It" tries to find and tag each player while keeping an eye on the can. Any player tagged is sent to "jail". Other players try to kick can before being tagged to free jailed players.

**MICHELANGELO'S MADHOUSE:** Michelangelo ("it" person) takes players by the hand and spins them around before letting go. They become a statue as quickly as possible and Michelangelo tries to get someone to laugh or move without touching them.

**FREEZE TAG:** Spread out in open area and the leader designates movement everyone does (run, skip, hop). If a player is tagged by the leader, they freeze. Another player can unfreeze them by giving a double high five. Switch leaders and movement, and repeat.

**OUTDOOR BINGO:** Create or find 5x5 outdoor bingo sheet online with each square having a different commonly found outdoor item. First person to collect/find, 5 items in a row on their card wins.

**GHOST IN THE GRAVEYARD:** Pick a ghost and choose boundaries and a home base. The ghost hides within the boundaries while other players slowly count 1 o'clock...two o'clock and so on until "Midnight! I hope I don't see a ghost tonight!" They search for the ghost. When found, they shout "ghost in the graveyard" and the last person to home base loses. The ghost can also try to catch someone before they reach home base to be the next ghost.

**HOPSCOTCH:** Draw a hopscotch course (1-10) with chalk. The first player throws a rock/marker to square one and hops over that square to hop to ten then turns around and hops back picking up the rock when they reach the marked square (one one foot). If they complete without a mistake, they hand the marker to the next person and toss the marker to square two on their next turn.

**PLAY OBSTACLE COURSE:** Create different challenges at a playground or park for each player to complete and time each other to see who wins.

**PROVIDING YOU IDEAS  
TO BE ACTIVE AND  
HAVE FUN OUTSIDE!**