

At-Home Summer Camp-Inspired Family Activities

Just like at Field Day or summer camp, participating in active games at home can provide healthy entertainment and quality social time for all ages.

Whether indoors or outdoors, you can have a “field day” with these summer-inspired activities at home with the whole family!



RACING & CHASING

Egg in Spoon Race

Players race while balancing an egg on a spoon.

Modification: add obstacles to the racecourse to increase the challenge for older kids.

Sack Race

Players race while hopping inside of a large sack or sturdy pillowcase.

Relay Race

In teams, each player must find a specific item or complete an active task before advancing to the next teammate (see our [At-Home Scavenger Hunt](#) for ideas). First team to relay all items/complete all tasks wins!

Capture the Flag

Players form two teams and each team places their “flag” (any small item) in a visible spot in their “territory.” Players try to capture the other team’s flag and bring it back to the home base in their territory without being tagged by someone from the other team. Players who are tagged can either switch teams or move in slow motion until a teammate “frees” them.
Safety tip: use pool noodles to tag players.



HOOP, HOOP HOORAY

Human Ring Toss

Players take turns tossing a hula hoop or pool ring float and trying to land it around another player. The player with the most successful tosses wins!

Hula Hoop Maneuver

While holding hands in a circle, players must move a hula hoop around the entire circle by stepping and ducking through it without breaking hands.

Modification: add more hula hoops for larger groups; use pool noodles to create distance between players.

Pool Noodle Javelin

Players try throwing a pool noodle through a hula hoop placed several feet away.



SPORTS, SHAVING, & SPLATTER PAINT - OH MY!

Bubble Tennis

Players take turns blowing bubbles over a piece of rope or chalk line and try to catch and return the bubble before it pops.

Modification: make extra-long-lasting bubble solution with a mixture of dish soap and corn syrup.

Do-It-Yourself Air Hockey

On a smooth surface (e.g., table, hardwood floor), players try to score goals by sailing the “puck” (e.g., a lightweight object such as a lid) past their opponent on the opposite side. Players can use paper cups as their “hockey sticks” to shoot the puck and rolled up towels or blankets as sidelines to keep the puck in play.

Balloon Shaving

Players cover balloons in shaving cream and try to “shave” them by removing the shaving cream with the edge of a stick or leaf; players can race to see who shaves their balloon first.

Modification: make your own inexpensive shaving cream with baking soda, soap, and water. Don’t forget to pick up all popped balloon pieces!

Ribbon Splatter Painting

Artists take turns dipping a ribbon tied to a stick into different colors of paint (look for water-based, eco and kid-friendly versions) and use momentum to paint a large canvas or piece of cardboard together. Before you know it, you have created a family masterpiece!

Modification: have the painter blindfolded with other family members giving audio cues for how and where to paint.