

Take-Home Activity Bag Cards

SCHOOLS & OUT-OF-SCHOOL TIME SITES

Encourage family physical activity by allowing students to take home a bag full of basic equipment and these activity cards. Mix and match these cards for different ages.

FAMILIES

Use these cards to safely play with the equipment and experiment with fun games together.

Safety Note: follow appropriate [disinfecting guidelines](#) between uses.

The low-cost equipment referenced in these cards can be purchased at dollar stores, [Gopher Sport](#), [US Games](#), or [Flaghouse](#).

Bubbles



HOW TO USE

Blow bubbles and try to "catch" or move them without popping.

ACTIVITY

Play bubble "tennis" with a family member by taking turns moving a bubble over a chalk line or rope without popping it!

Weighted Ball



HOW TO USE

Toss the ball or play games.

ACTIVITY

Form a circle with 4 or more people. Play music and pass the ball around the circle. Whoever has the ball when the music stops is out. The last person without the ball in the end wins!

Activity Ball



HOW TO USE

Toss, hit, catch, and kick the ball.

ACTIVITY

Play catch, volleyball, soccer, or kickball with family and friends!

Balance Disc



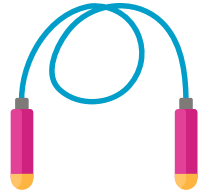
HOW TO USE

Stand on the balance disc with one or both feet and try to balance.

ACTIVITY

Have a family member or friend be the "mirror" by copying your motions on the balance disc, such as standing on one leg. Then, trade places!

Jump Rope



HOW TO USE

Hold one handle in each hand, swing rope over your head and jump over with one or both feet.

ACTIVITY

Jump rope outside, inside, to music, and have a competition with your family and friends!

Journal



HOW TO USE

Write down which items from the activity bag you used, what fun activities you tried, and how long you were active each day.

Then share with family and friends!

Pedometer



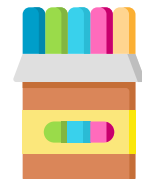
HOW TO USE

Clip pedometer onto your waistband and let it count your steps! Make sure the pedometer is set at zero when you start.

ACTIVITY

Walk or run and try to beat your number of steps each day. You can even compete with family and friends!

Sidewalk Chalk



HOW TO USE

Draw pictures or activities on the sidewalk.

ACTIVITY

Draw a hopscotch, four square, or obstacle course for you and your family to jump, skip, hop, and crawl through!

Speed Stacking Cups



HOW TO USE

Remove cups from case and use both hands to stack them as fast as you can.

ACTIVITY

Time yourself and challenge family and friends to stacking competitions to see who is fastest!

Poly Spots



HOW TO USE

Spread out poly spots on the ground.

ACTIVITY

While others stand on the poly spots in a big circle, you stand in the middle. Say something you like (e.g., dogs). Everyone who likes dogs runs to a different spot in the circle and the last person without a spot goes to the middle. Repeat.

Hula Hoop



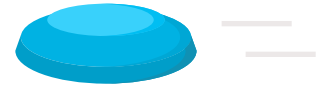
HOW TO USE

Move the hula hoop around your waist without using your hands or try the fun activity below.

ACTIVITY

Through the hula hoop, connect hands with others in a big circle. Move the hula hoop around the circle without letting go of hands.

Frisbee



HOW TO USE

With the frisbee in your hand, bend your arm and extend it quickly to throw.

ACTIVITY

Play catch with family and friends or fetch with your dog. You can also take turns throwing the frisbee at a target and see who gets the closest!