

# 100 Challenges Things to do with KIDS This Summer

\*Print out and then cut each idea up into a strip of paper. Fold the paper up and place into a cookie jar (or other container). When the kids say, "I'm bored" or "What can I do?" Simply tell them to go to the cookie jar and reach in for a challenge. Randomly ideas are chosen.

Make it **FUN!!!** Involve some planning. Ask them what do we need, where can we get what we need, who do we need to talk to, do we need to make a supply list? Go shopping? Invite others? Even a simple idea such as blowing bubbles can take more time together. Can you research a homemade recipe? Invite a friend? A grandparent? DO you need to make a grocery list? Research a family recipe?

Make it a challenge to do as much as possible, perhaps a chart can measure how many things are checked off your list. Or even a poster to paste each idea onto after it is completed...

1. Go for a hike	21. Tell jokes	41. Draw with sidewalk chalk	61. Visit a bookstore	81. Home Depot Kids-workshop
2. Scrapbook	22. Watch a movie	42. Play dress-up	62. Visit a farm	82. Visit a National Park
3. Catch fireflies	23. Go for a picnic	43. Phone a loved one	63. Play hopscotch	83. Feed Ducks
4. Go to the Zoo	24. Play cards	44. Start a nature journal	64. Go fishing	84. Learn to juggle
5. Tell Ghost Stories	25. Have a pillow fight	45. Play a board game	65. Have a staring contest	85. Go through a corn maze
6. Go to the park	26. Make ice cream	46. Learn Pig Latin	66. Build a puzzle	86. Decorate your bike

7. Pick Flowers	27. Make mud pies	47. Make homemade popsicles	67. Visit a fruit stand	87. Play "I Spy"
8. Water fights!	28. Thumb wrestle	48. Play Charades	68. Get a pet rock	88. Camp in the backyard
9. Go ride a bike	29. Visit a museum	49. Write a pen pal	69. Throw a Frisbee	89. Write poems
10. Make S'mores	30. Play hide'n seek	50. Make a card	70. Play with a cardboard box	90. Stargaze
11. Fly kites	31. Blow bubbles	51. Play Rock, Paper, Scissors	71. Climb a tree	91. Walk a dog
12. Have a sleepover	32. Visit a library	52. Perform a Magic Show	72. Go berry picking	92. Watch a parade
13. Build a blanket fort	33. Fold origami	53. Plant a garden	73. Wash your bike	93. Play with clay
14. Bake cookies	34. Build sand castles	54. Water balloon fight	74. Skip stones in water	94. Visit a Farmer's Market
15. Run a lemonade stand	35. Take pictures	55. Catch frogs	75. Decorate cupcakes	95. Ride the local bus
16. Run through a sprinkler	36. Sing	56. Tell a story	76. Volunteer	96. Paint with Watercolors
17. Make paper airplanes	37. Make shadow puppets	57. Magnify bugs	77. Skip rope	97. Tie Dye
18. Go on a scavenger hunt	38. Sit around a campfire	58. Throw a ball	78. Host a tea party	98. Dance
19. Plant flowers	39. Slip'n slide	59. Lie in the grass and watch clouds	79. Go birdwatching	99. Build with Legos
20. Swim in a lake	40. Play Simon Says	60. Hold a "quiet" contest	80. Search for 4-leaf clovers	100. Play tag