

Whether you are staying inside because you are in a “stay-at-home” area or you are practicing social distancing here are some fun tips, ideas, and activities to pass the time.

Outdoor Activities

- **Don't forget** to continue practicing social distancing, washing hands, and use of hand sanitizer, while out and about
- [Enjoy Bird Watching](#)
- **Scavenger Hunts**- use a camera and take a photo of the items, rather than touch/hold items
- **Start or Add to a Collection**- Collection hobbies are fun. They encourage participants to independently work on their hobby. Begin the group by talking about collecting things and what they may want to collect for a hobby. Suggestions include bottle caps, stones, leaves, flowers, milk caps, baseball cards, stamps, autographs, etc. Groups can collect similar objects and spend group time on hunts and on showing what they have collected from the previous week.
- **Go on Walks**- Mix it with fun, challenges, excitement and movement. Play games as you go (follow the leader, don't step on cracks, and freeze every time the leader says "freeze"). Tell stories. And sing!
- **Nature walks**-
 - Listen! How many sounds can you hear? Can you tell what's making the sound?
 - Feel! How does the pine needle feel? Feel the brick. Feel the dirt. Does this leaf feel the same as that one?
 - Sniff! What do you smell? Where is the smell coming from? Smell this flower.
 - Look! Take a magnifying glass with you. Look at leaves, pine needles, flowers, bugs. Take along pictures of things to look for.
 - Sssh! Take a silent walk. Be as quiet as you can and you may see some shy animals
- **Campfire Sing-A-Long**- build a small fire outdoors and cook marshmallows. Sing campfire songs. If meeting indoors, build a simulated fire with logs and a red light underneath it.
- **Frisbee Golf**- Play a 9-hole or an 18-hole course indoors or outdoors. Targets can be simple to difficult depending on ability of participants. Participants can choose the targets or the leader can pre-set a course. Start the game by having each participant tossing a Frisbee at a target. Count the number of times each player tosses the Frisbee to hit the target. Lowest count wins that "hole." Play as a team, play individually. Set up a tournament. Play for fun.
- **Balloon or Beach Ball Volleyball**- Play volleyball with regular rules or with modifications to meet the needs of the everyone. You might want to add additional taps may be allowed by the serving team to get the balloon over the net; any number of hits may be allowed to get the balloon over the net; same player may hit the ball several times in succession, etc.
- **Kite Flying**- With a good kite and a good wind, kite flying can be exciting and enjoyable for the participants and those just viewing.
- **Rope Whipping**- with a strand of rope 10-15ft long, pair up partners and give them plenty of space. Each partner can whip the rope (each holding one end) and make waves and other movements. Play music and invite partners to move the rope in rhythm.
- [Park/Trail Walks](#)
- [Disc Golf](#)
- **Ride your Bike/Scooter**
- **Take Pets for a Walk in your neighborhood**
- **Play Basketball or Soccer at nearby park**