

“PLAY” LIST

Reset Challenge Activities



1. Pull out any not-yet-used holiday gifts
2. [Play “jump the river”](#)
3. [Make a timeline](#)
4. Read a good book
5. [Join Audible and listen to books together](#)
6. [Research your Family Tree](#)
7. [Have an indoor campout](#)
8. Start some indoor seed plantings
9. [Indoor Scavenger Hunt](#)
10. [Build an outside fort](#)
11. Build a blanket fort or tent (check out ideas at [15 DIY Teepees and Play Tents Your Kids Will Spend All Summer In](#))
12. [Hand-Clapping games like Miss Mary Mack, Double Double, and Tic-Tac-Toe](#)
13. [Mad Libs](#)
14. [Go on a Bearhunt](#)
15. [Huckle Buckle Beanstalk](#)
16. Hide something sweet and create a Treasure Map for the kids to follow
17. Learn Morse Code
18. Invent your own code
19. Build a house of cards
20. Memorize the state capitals
21. [Learn some yoga poses](#)
22. Meditate with help from [Headspace for Kids](#) (free trial)
23. Play balloon volleyball
24. Look at old photos and share their memories
25. Write old-fashioned letters and postcards
26. Make gratitude lists
27. Play charades
28. Invent a card game
29. [Learn a few magic tricks](#)
30. Using stuff from around your house, set up a bowling Mark out a hopscotch field with masking/duct tape
31. Speak only in Pig Latin
32. Thumb wrestle
33. [Play MASH](#)
34. Play Hangman
35. Plan a family vacation
36. Learn about nautical flags and how to communicate with them
37. Learn the parts of a sailboat
38. Play dress up
39. Teach your kids how to play black jack (it helps with math skills after all)
40. Play the silent game
41. Have a staring contest
42. Learn some yo-yo tricks
43. Build the biggest LEGO/block tower in history
44. Make shadow puppets
45. Have a tea party
46. Have a doll or stuffed animal wedding
47. Play Simon Says
48. Talk with an accent
49. Make a stuffed animal zoo
50. [Learn a little American Sign Language for kids](#)
51. Invent a new sport
52. Polish the silver (raise your hand if you have your grandmother’s silverware or cute bud vases!)
53. Do a puzzle
54. Invent your own nation
55. Memorize all the Presidents
56. Memorize all the states and capitals
57. Match up your socks, roll them up, and have a sock fight
58. Play dominoes (extra credit for making your own)
59. Teach your kids how to play Solitaire
60. Make your own Bingo game
61. Bust out the flashlights and go on a “ghost” hunt
62. Learn how to tie cool knots
63. Go on the Duolingo app and learn a new language for free
64. Make your own crossword puzzles
65. Make your own Sudoku
66. Practice drilling holes in scrap wood
67. Hammer nails into scrap wood
68. Read to the pets or Grandparents (via Facetime/Skype)
69. Play with their older toys
70. [Learn coding for Free through MIT](#)
71. Go on a Sunday Drive any day of the week
72. [Make a dollhouse with shoe boxes](#)
73. Empty furniture from the middle of a room and do somersaults across it (notice we did not say cartwheels!)
74. Teach your old dog (or new puppy) new tricks
75. Play the game Clue using real props, costumes, and rooms in your house
76. Have a backyard camp fire (if your city or town allows it)
77. [Play Alligator](#)
78. DIY manis and pedis
79. [Host a Virtual Trivia Night](#)



Share the fun
with the
Strong
Community
Group

[Strong Life Community](#)