



Summer Activity Suggestions

Using sidewalk chalk and make your own sidewalk obstacle course, hopscotch court or maze.

Water balloons – play catch in the yard, or set up a target to practise throwing

Learn to throw a frisbee or a football

Go for a bike ride. You can pick up a copy of the City of Calgary bike path map at any city recreation centre or look at it online at <https://maps.calgary.ca/PathwaysandBikeways>

Go swimming at your local pool or run through your sprinkler!

Play kick the can with kids in your neighborhood. If you aren't sure how – here is a link to a description: <https://www.projectplaybooks.com/kick-the-can-rules>

Visit the City of Calgary's Mobile Adventure Playground. For a listing of locations and schedule see:

<http://www.calgary.ca/CSPS/Parks/Pages/Locations/Adventure-Playgrounds.aspx>

Join one of the City of Calgary's free Stay N' Play programs for children 6-12 years old. For more information and a schedule see: <https://www.calgary.ca/CSPS/CNS/Pages/Children-and-youth/Seasonal-programs/Park-n-Play-and-Stay-n-Play-programs.aspx>

Go explore a new playground. For descriptions of playgrounds all over the city – check www.calgaryplaygroundreview.com

Explore the outdoors. For ideas about great places to explore and things to do in and around Calgary check <http://www.rockiesfamilyadventures.com> or <http://www.playoutsideguide.com>

Check out the Active for Life website for more ideas for families about movement and information about Physical Literacy! <http://activeforlife.com/>

