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ACTIVITY IDEAS FOR SCHOOL VACATION



parent guide

4 Activity Ideas for School Vacation

Let's Have Some Free Fun!

Dear Parents & Guardians,

Imagine...it's Day 2 of school vacation week and you've somehow already exhausted all of your free activity ideas to keep your kids busy. We've been there and we got you!

As parents ourselves, we have created this guide based on kid favorites from our inclusive sports classes that we use with our own kids at home. We offer easy ideas to get your kids moving, while providing opportunities for you to build connection with them, and using objects that you already have at home. You won't need special equipment or extensive knowledge in sports to create fun and memorable activities that your kids will enjoy long after the week is over. Read along and give these four activities a try, either inside your home or outdoors in your yard or at a local park.

Share your experience with us
on social media!
@inclusionysports

With gratitude,

Greg & Kristen Perkins
Founders, Inclusion Sports

INCLUSIVE TIPS

Throughout this guide, we offer tips for making the activity more inclusive so that all children can participate!

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Red Light, Green Light, Purple Light

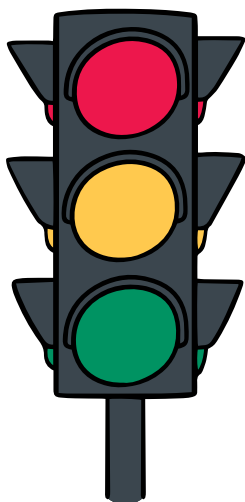
Do you remember playing Red Light, Green Light on the playground as a kid? This is like that, with a twist!

Use cones or any objects you have at home to make a large circle that your child can run around. You will use the colors red, green, and purple to announce movements your child can take. On “**GREEN**”, your child runs around the circle. On “**RED**”, your child must freeze. On “**PURPLE**”, your child has a dance party! Encourage your child to maintain a safe body and focus on listening to the directions. Play music for extra dance party fun!



INCLUSIVE TIP

Hold up objects that are green, red and purple when calling out the color for visual support with following directions.



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Cookie Jar



Cookie jar is a fun and challenging throwing game! Use a laundry basket (cookie jar) or something similar to use as a moving target. Hold the basket while your child tries to throw soft balls or objects (cookies) into the basket from different distances. You can try to make it challenging by moving the basket high and low and side to side. Once your child has finished throwing the objects/balls (cookies), toss them up in the air, all at once, and see how many your child can catch. Repeat!

INCLUSIVE TIP

Use different sized and textured objects for sensory fun!



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Partner Toss & Catch



Choose objects or different size/material balls to have your child toss and catch with you. You can use anything you have at home...baseballs, balloons, tennis balls, softballs, etc. If you have scoops, baseball gloves, or any other equipment to introduce variety, use them! Teach how to catch and throw by using the below tips.

Throwing

- Step with your foot when you throw.
- Bring the ball all the way back behind you.
- Use all of your body to throw.
- Aim at your target.

Catching

- Have your child make a basket with two hands.
- Encourage them to move around to follow the ball's movement.
- Once they make contact with the ball, have them pull the ball in close to maintain control.

INCLUSIVE TIP

Use flat objects to step on if helpful for planting feet and feet placement.

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Obstacle Course

Create an obstacle course for your child and you to move through together! Use whatever you have at home to create a unique and fun adventure. Ideas include hula hoops to jump in and out of, cones or other objects to step over, balls to kick, cones or other objects to zig zag walk through, a designated start and end line to run through, bean bags to toss, music for movement, bubbles for coordination, etc. The goal is to practice a variety of skills such as jumping, running, kicking, throwing, and clapping. And most importantly, to have fun together!



INCLUSIVE TIP

Offer modifications and hands on support if some parts of the obstacle course are too difficult at first.

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