

30 Ways to Move With Kids and Grow Wild!



- Find your closest community garden and take a family walk around (or to!) one.
- Search out “nature tea” ingredients: pine or fir needles, rosehips, lemon grass, fresh mint.
- Set up a family experiment: compare what movements it takes to eat a whole food vs. a processed food, like apples vs. apple sauce.
- Sprout some seeds in a windowsill (a little soil in a cut-down milk container works great!).
- Have a kid make a carrot salad—grating all the carrots by hand.
- Buy some unshelled nuts and crack them open with rocks.
- Get some heavy whipping cream and a whisk and have a whipped-cream challenge. How long does it take to whip it up? Dessert’s ready when you’re done.
- Have a living room “camp out” and practice a night of family floor-sleeping.
- Set up one breakfast or dinner in the backyard or on a porch or balcony.
- Have an adventure finding three animal signs (tracks, scat, feathers, etc.) in your neighborhood.
- Have a walking dinner or breakfast. Pack a thermos and take it to go, around the block, through a park, or with others and their dinner.
- Teach a kid how to sew on a button (practice by adding buttons to a piece of cloth).
- Make a living room or hallway obstacle course and challenge everyone to move through it at least ten times.
- Create a dynamic homework station that allows kids to move differently than they do at school.
- Organize a “walk to school” day in your neighborhood/for your school.
- Host a soup night!
- Take a “bouquet walk,” and make an arrangement from what’s available for picking.
- Build a backyard cooking pit or find a barbecue pit at a park or campground, and cook a meal outside. Invite friends to cook alongside you!
- Teach a kid how to make a favorite meal from scratch.
- Pick a hike and invite friends with kids and some without (so they can flex those alloparent muscles) to join.
- Find a way to center your next celebration around nature and movement.
- Schedule an outdoor/walking play date.
- Fit a kid with their own hiking/forage bag that’s small and light and can hold a kid’s snack or two.
- Set up a throwing game: socks into a hamper, small rocks to knock down cans. Whatever the materials, the goal is for kids to hone their accuracy!
- Create a “nature shelf” to display treasures you collect on your outdoor adventures; or go find some new treasures!
- Set up a balance challenge in your home: a simple balance beam, a long line of pillows to climb along, or a horizontal ladder propped up on one end work well.
- Find or set up a hanging station. Find the closest low tree branch nearby or install a doorway pull-up bar/ pre-fab hanging element for daily monkeying around.
- Take a family grocery store or other errand walk. Practice carrying what you need.
- Have kids bend and twist their shoes to see how well each pair moves. Figure out which pairs allow the feet to move most!
- Lay out a cloth for a living room picnic.