

100 days of play

# in rain or shine!

## RAINY DAY ACTIVITIES

1. Play a game of hide and seek
2. Plan a scavenger hunt with your friends around your home
3. Play Dance Dance Revolution
4. Roller Skate at the roller rink
5. Skip and splash in the rain
6. Ice skate at the Chiller
7. Play broomball with your friends at a local rec center
8. Have a family contest to see who can do the most jumping jacks
9. Check out the Audubon Center downtown
10. Gather a circle of friends to play Duck Duck Goose
11. Play Wii Fit or Wii Boxing
12. Climb the Recreation and Parks climbing wall at Linden and Douglas Recreation Centers
13. Jump in the rain puddles after a big storm
14. Write a play and perform it for your family
15. Build a blanket fort in your living room
16. Make mud pies
17. Turn up the music and dance
18. Play I-Spy with your friends
19. Visit COSI exhibits
20. Play volleyball at your neighborhood recreation center
21. Start some music and play Limbo
22. Play Simon Says
23. Plan your own indoor Olympics around your home
24. Play London Bridge is Falling Down
25. Make a castle, car, or rocket with a big cardboard box

## SUNNY DAY ACTIVITIES

26. Visit the Columbus Zoo and walk around the exhibits
27. Play a pick-up basketball game at the neighborhood park
28. Play the game Horse at a basketball court
29. Have a free-throw contest at a basketball court
30. Take a family walk around the Bicentennial Park downtown and visit the Santa Maria
31. Go to the skateboard park like the one at Dodge Recreation Center
32. Greet the sunrise with yoga in your backyard or at a free session
33. Take a family walk after dinner
34. Fly a kite on a windy day
35. Play Frisbee Golf in the park
36. Wash and wax your family or friends' cars (splashing optional!)
37. Play kickball with your friends
38. Ride your bike with friends and family on one of the many bike paths
39. Pull weeds, dig dirt and have fun in the garden
40. Plant seeds from the fruit you eat
41. Play capture the flag at school, the park, or around the neighborhood
42. Catch lightning bugs (and let them go!)
43. Swim in your neighborhood pool
44. Rollerblade on any multi-use park or bikeway
45. Play on the jungle gym at the closest local school
46. Spend an afternoon dancing at the Latino Fest
47. Participate in a neighborhood clean-up (or organize one yourself!)
48. Join a tee-ball or softball league

Continued...

**Get Active Columbus**

A project of the City of Columbus, Ohio

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## SUNNY DAY ACTIVITIES, continued

49. Play Whiffle Ball
50. Organize a game of Red Rover
51. Walk your dog everyday (or your neighbor's dog) for an entire week
52. Enjoy a game of Hacky Sack with friends
53. Paddle a canoe at a Metro Park
54. Take a family hike
55. Hop scotch on a driveway or safe dead-end
56. Have a backyard squirt gun battle
57. Build a sand castle at Alum Creek
58. Bury a friend in the sand at Alum Creek
59. Walk in the African American Family Walk in August
60. Fish at Antrim Park
61. Make your own Corn Hole game and play
62. Have a supervised water balloon contest
63. Go retro and have potato sack races
64. Play Red Light Green Light
65. Play Kick the Can
66. Organize your friends to play Dodge Ball in the park
67. Jump rope
68. Play Hula Hoop games with your friends
69. Play at City tennis courts
70. Play a pick-up game of touch football
71. Play Freeze Tag at a friend's house or a park
72. Use two softball bases and a ball to play Pickle
73. Play Marco Polo at the pool
74. Play King of the Hill
75. Play Flashlight Tag at dusk
76. Use sidewalk chalk for Hop Scotch
77. Organize jumping and running games in your backyard or park
78. Draw a sidewalk or driveway mural with sidewalk chalk
79. Do backyard nature crafts
80. Hike a trail near your neighborhood
81. Play Steal the Bacon
82. Skip stones on the water
83. Run through a sprinkler at home
84. Play soccer at your neighborhood recreation center
85. Play Frisbee in your backyard or the park
86. Challenge your friends in a tetherball contest
87. Run races with your friends at the park
88. Dance to the great bands at the Jazz & Rib Fest
89. See how fast you can run the stairs at your school's stadium
90. Learn how to Double Dutch
91. Check out one of Columbus Recreation and Parks' many summer camps
92. Practice your best baseball swings like the Columbus Clippers
93. Play Badminton in the back yard
94. Canoe at Indian Village
95. Learn how to ride a unicycle (good luck!)
96. Have some wheel barrel races in a nearby park
97. Play Four Square with some friends
98. Go canoeing at Indian Village day camp
99. Go sailing at O'Shaughnessy Reservoir through Columbus Recreation & Parks Boating program
100. Stargaze at night

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