

# Home Activity Kits

*Activity*

**Resource:** Ideas for Action

**Grade(s):** 1 2 3 4 5 6 7 8 9 10 11 12

## What Is it All About?

Compile bags of equipment and activity instructions for students to borrow and take home for a weekend.

## Why Do It?

Promote healthy, active living at home and help parents/caregivers experience and understand the fun and benefits of physical activity.

## How Do We Do It?

Compile a few bags each containing various pieces of equipment. Consider having students suggest types of equipment to use.

With each bag of equipment, include a workbook of game instructions for parents/caregivers to learn games that can be played using the equipment.

With parents'/caregivers' permission, students sign out bags for a weekend.

Consider having community groups donate equipment and activity ideas.

Following the weekend, students can share their experiences with their teacher or class.

## What Else Do We Need?

- Flying discs
- Hula hoops
- Pool noodles
- Skipping ropes
- Various balls

## How Do We Get Creative?

Consider having parents/caregivers share photos of their family being active using the kit.