

## One Kids Place – Therapeutic Recreation

### No-to-Low Cost Activities

Activity	Materials Needed	Directions
Bug Hunt	Jars with holes in the lid	Go for a bug hunt in your backyard or while you are on a walk. Collect bugs and build them a habitat in a jar for your child to take care of. Look up facts about the bugs you find once you are home again, such as what they eat and how they sleep.
Backyard Obstacle Course	Various outdoor equipment such as hula hoops, jump ropes, Frisbees, bats, etc.	Build an obstacle course in your backyard or drive way for your child to complete. Use hula hoops for them to toss bean bags into, or set up outside toys in a zig zag and have them run in and out of them, use chalk to create balance beams, challenge them to 15 jump ropes. Use whatever equipment you have in creative ways!
Giant Snakes and Ladders	Chalk, dice	Use your drive way to create a large game of snakes and ladders. Draw a grid and number the squares, and then draw in some ladders and snakes. Invite your whole family to play!
Four square	Chalk, ball	Create a large square with chalk and section it off into four equal squares. Learn or refresh the rules at: <a href="http://www.squarefour.org/rules">http://www.squarefour.org/rules</a>
Nature Scavenger Hunt	Paper, pen	Find a nature scavenger hunt online, or create your own and then go into your backyard or for a walk to find all different kinds of nature items like a maple leaf, and a budding tree.
Car Wash	Soap, Water, Rags, Car or Bikes	Have a car wash in your drive way. Wash your own car or bring out your bikes, or play cars to wash!
Start a vegetable garden	Seeds, soil, garden bed or large container	Engage your child in growing food! Get seeds for vegetables that your families enjoys and grow them over the summer. If you don't have garden space you can create one in a large container.
Nature Names	Paper, glue, nature items	Go for a hunt in your backyard, local park, or along your walking route. Pick out nature items that will help create the letters in your name. Glue these nature pieces to a piece of paper to save your nature name!
Backyard Picnic	Picnic lunch, blanket, backyard	Bring your lunch outside and have a backyard picnic! Place some Frisbee or catch while you're at it just like you were picnicking in a park!
Indoor Photo Scavenger Hunt	Camera, list of items found in your home	Create a list of items found in your home. For example, blue socks, gray lamp, apples. Have your child use a camera to take a picture of all of the items on the list to finish the scavenger hunt!

Blanket Fort	Couch cushions, sheets, blankets, pillows, clothes pins	Make a blanket fort in your living room using all the comfy fort building materials you can find. Have your child curl up with a blanket and a book or play with their favourite toys in their fort.
<b>Activity</b>	<b>Materials Needed</b>	<b>Directions</b>
Upside Down Colouring	Tape, Paper, Table	Table a piece of paper to the underside of a table in your home. Challenge your child to draw a picture while lying on the ground reaching up to the paper.
Dance Party	Music (optional: YouTube videos or GoNoodle videos)	Put on music and dance in your living room. Use YouTube to look up just dance videos or make a GoNoodle account and dance along to their instructional videos.
Make a Movie	Camera (optional: iMovie app or Movie Maker app)	Have your child make a movie. Could be as simple as a music video for their favourite song, or they could act out a plot they writer. Have a premiere with the family, dress up and show your child's video on the TV and eat popcorn.
Create Your Own Board Game	Paper, craft supplies	Challenge your child to create their own board game. Writer out the rules, and place it with the whole family once it is finished.
Indoor Obstacle Course	Couch cushions, toys, chairs, etc.	Using household items create an indoor obstacle course for your children. Have them jump from one couch cushion to the other trying not to touch the floor, line up chairs for them to weave in and out of or climb under and over, or slither under like a snake.
Magic Show	Deck of Cards, etc.	Google easy to learn magic tricks for your child. Let them practice their tricks and then have a family magic show where they can show you all of the magic they have learned.
Trash Monster	Recycling, craft supplies, everyday items	Give your child recycled items, craft supplies, and items you've put in donate piles and challenge them to build a monster or robot out of the pieces. Once they have made their items into a shape they can paint it and decorate it to look like a friendly monster or robot.
Toilet Paper Binoculars	2 toilet paper tubes, glue or tape, craft supplies	Put two toilet paper tubes together to create binoculars. Let your child decorated them with craft supplies or nature items. Add a ribbon, or string to make them into a necklace so your child doesn't drop them while using them. Use them to spot things while going on a nature scavenger hunt or go bird watching or look up at the clouds and try and find fun shapes in them.
Fancy Friday	Fancy clothing	Dress up for a fancy Friday. Have a tea party or a fancy dinner in your fanciest clothing.

Make Playdough	Playdough recipe and ingredients	There are a lot of playdough recipes out there that use every day ingredients, and many that are no bake. Look a recipe that you have the ingredients for and make it with your children. You can store playdough in an airtight container for days of fun!
<b>Activity</b>	<b>Materials Needed</b>	<b>Directions</b>
Paper Airplane Competition	Sheets of paper	Make different designed of paper airplanes and test them out in your hallway or in your drive way. See which one flies that furthest.
Sock Puppets	Unmatched socks, craft supplies	Use old socks and craft supplies to make sock puppets with your children. Use these to put on a puppet show in your living room.
Household Music	Household items such as: jars, rice, tissue box, elastics, buckets, wooden spoons	Create musical instruments with household items. Such as a shaker out of rice and a jar or empty yogurt container. Or wrap elastics around a tissue box for an at home guitar. Use buckets and wooden spoons as drums. Sing your favourite songs or make up new ones. You can even sing along to the radio.