BE ACTIVE KIDS[®]



- 1. Do a push-up on the side of a tree
- 2. Hang off of lower branch
- 3. Climb it
- 4. Make a tire swing
- **5. Hang piñata** from it swing away
- 6. Hang a hoop for a target
- 7. Attach a ball to a string and tie it from a limb to practice hitting
- 8. Kick a soccer ball at it
- 9. Tie a rope to the trunk and turn it for a friend to jump
- 10. Try to push it over
- **11. Jump** to touch its leaves or limbs
- 12. Build a tree house in it
- 13. Use it as "base" in a game of tag
- 14. Build fairy forts around it or in it
- **15.** Put a **sprinkler** in the tree and dance around the tree in the mist
- 16. Do some pull-ups from a lower limb
- **17.** Put the bottom of your foot against the tree and stretch



- 18. Paint the tree with mud or throw mud at the tree
- **19. Play chase** with friends around the trunk of the tree
- **20.** Hide things around the tree for a scavenger hunt
- **21. Connect a rope** or slackline between two trees
- **22.** Hang a rope swing
- 23. Do a handstand against the base of the tree
- 24. Swing sticks against the tree
- 25. Flip over a lower limb

www.beactivekids.org facebook.com/beactivekids pinterest.com/beactivekidsnc





Registered Mark of the Blue Cross and Blue Shield Association.
Blue Cross and Blue Shield of North Carolina is an independent licensee of the Blue Cross and Blue Shield Association.
2014 Blue Cross and Blue Shield of North Carolina Foundation. All Rights Reserved.

