

25 Things to do with a Tire

BE ACTIVE KIDS®



1. Flip the tire
2. Jump in or out of it with 2 feet
3. Roll it
4. Stand it up and throw balls through it
5. Play musical tires
6. Walk around the outside of the tire
7. Use it to create a tire swing
8. Use it to create an obstacle course
9. Walk around the top of the tire
10. Use it as a garden planter and grow something
11. Crawl through it
12. Stand it up and bury bottom part of it then roll balls through the tire
13. Tire push-up—put your hands on the tire and feet on the ground to do a push up
14. Run/jump across a group of tires
15. Toss bean bags into it (like corn hole)
16. Make a sandbox out of it
17. Cut it in half, attach a long board and make a seesaw out of it

18. Build a tire mountain to climb
19. Build a tire wall
20. Do step-ups on the side of it
21. Stack tires
22. Run around it
23. Kick balls through it
24. Drag it
25. Bounce on it

- Be sure all tires used in play are free from any sharp edges or dangerous materials.
- Use tires of diverse sizes and weights, but make sure the tires are age appropriate for the children that are going to be playing with the tires.
- Worn tires with steel belting should be discarded and not used for play.

