

and

NC STATE Design



# 30 Cool Things to do on a HILL

1. **Log roll down**- children will roll with their arms down by their sides
2. **Climb** up
3. **Run** up or down
4. **Bear** walk
5. **Slide down** on a cardboard box
6. **Forward roll down**
7. **Egg roll down**- children will curl up into a ball and roll to the left or right
8. Roll a **ball**
9. **Crab** walk
10. **Pull** a friend on a sled
11. **Roll a tire** and chase it
12. **Race** a friend
13. Ride a **bike** down
14. Do **push-up** at an incline
15. Do **sit-up** on the decline
16. Create a **slip-in-slide** down the hill using a tarp and shaving cream or water
17. Walk like different **insects/animals**
18. **Army** crawl
19. Do a **relay race**
20. Use the hill as part of an **obstacle course**
21. **Ride** a toy down
22. Attach a **rope** at the top and climb up or repel down
23. **Cartwheel** up or down it
24. Walk **sideways** or do side slides
25. **Frog jump** up or down
26. Have a **parade** with friends
27. **Pencil roll down**- children will put their arms together straight over their head and roll on their side
28. **Throw a ball** to the top and let it roll back
29. Ride down on a bunch of **pool noodles**
30. Use a bucket to **collect natural items** to carry up and/or down the hill



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