1. Hold a **colander** or **plastic basket** on your head and have friends throw soaked sponges or water balloons into it.

2. Use **kitchen utensils** to play with water in a water table or storage containers.

3. Have a **water balloon fight**.

4. Play in the **sprinkler**.

5. Water balloon **piñata**.

6. With a partner and a towel, **toss and catch** a water balloon.

7. Play in a **kiddie pool**.

8. **Toss** a water balloon with a friend back and forth until it breaks.

9. Set-up a **slip-n-slide**.

10. Water balloon **hot potato**.

11. **Fill the Bucket Relay** - teams fill a bucket with water by squeezing sponges or using cups.

12. Water balloon **bowling**.

13. **Target Toss** - Using sidewalk chalk draw a target on the ground, then throw a wet sponge and see how close you can get to hitting the center.

14. **Freeze t-shirts**, then race to see who can get theirs defrosted and on a team member the fastest.

15. Water balloon spoon races.

16. **Shoot ping pong balls** off tees with water guns.

17. **Water Bowl Race** - Two teams will race to see who can walk across the yard with a Bowl of water on their head. The team that gets all their players across and has the most water left wins.

18. **Pass the Cup** - Two teams line up with a big bucket of water in front of them. The first player will dip their cup in the bucket and pass it to the next player over his/her head. Each player will pass a cup of water over their heads into the person's cup behind them. The last person will be filling up a bucket. The team that has the most water at the end wins.

19. Water balloon **t-ball**.

20. **Wet Sponge Pass** - Everyone lays on their back and passes a soaking wet sponge to their neighbor with their feet or hands.

21. **Squirt friends** with squirters, spray bottles, or water guns.

22. **Limbo** with the water hose stream.

23. **Jump in water puddles**.

24. Play in the **rain**.

25. Create a **kiddie car wash** to wash bikes, scooters, cars, etc.

26. Time how long it takes for partners to **empty the water from a kiddie pool** using only your hands and feet.

27. **Stack cups up** and see if you can use a water gun to knock them all down.
28. Set up **buckets and label them** for different value of points. Then soak sponges in water and see if you can throw the sponges in the buckets.

29. Make a water **obstacle course**

30. **Wash your dog**

31. **Fill the Cup**- Everyone has a cup, on go, have someone spray the water hose up in the air moving it back and forth, while the players try to fill their cup.

32. Make a **water wall** using plastic bottles

33. Stand in a **kiddie pool** and see how big of a splash you can make

34. Hide a bunch of “**treasures**” in a kiddie pool and see who can pick them up with just their feet

35. Put a **water soaked sponge** on your back and race a friend across the yard

36. **Ride your bike** through the sprinkler

37. **Shoot baskets** with water balloons

38. Place a **kiddie pool** at the bottom of a slide and slide into it

39. Lay **water balloons** on the ground and **kick them** to see if they’ll break

40. Stand on one foot with a **wet sponge** balanced on your head; try hopping or walking

41. Play **musical chairs** sitting on a wet sponge or water balloon

42. **Partner Pop**- Standing back to back try to pop a water balloon with your partner, without using your hands and not letting it touch the ground.

43. **Who can roll** a water balloon the farthest without popping

44. **Who can throw water balloons** the farthest

45. **Race your friend** while balancing a water balloon on a paper towel roll

46. **Stomp in the creek**

47. Poke holes in a **plastic bottle**, fill it with water, and hang it from a tree

48. **Spray Bottle Tag**- The person who is “it” sprays everyone with water and is the tagger. If you get sprayed, you become the tagger.

49. Do the “**ice bucket challenge**”

50. Create **pouring stations** using various size containers

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Notes:

- All activities should be done with adult supervision, as pools of water and balloons can cause potential hazards for young children
  - Be mindful of age restrictions when using balloons with young children
  - Children should avoid placing balloons in mouth

- All activities can be modified to vary the difficulty and intensity of the activity

- Use materials that you already have when possible