

50 Ways to Cool Off this Summer



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

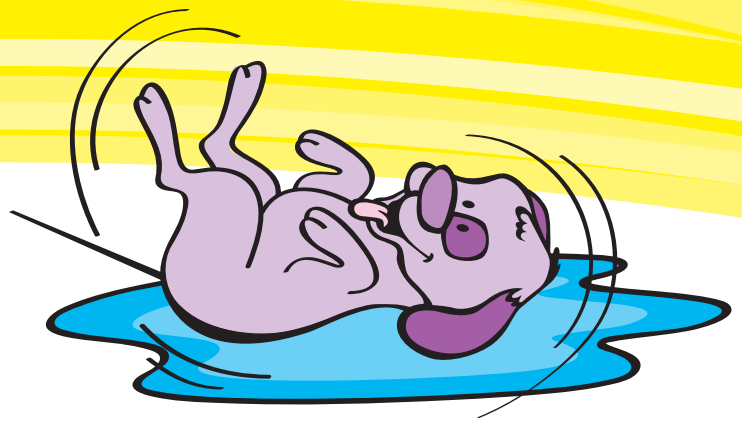


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continued!



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

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



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