WALK AND TALK

What fun is a family walk if you can’t exercise your minds too? Try to take a walk as a family every day for one week and, to crank up the fun, try doing one of the little extras below on each walk.

Little Extra #1

HUMAN CHAIN – Hold hands for your entire walk. Sound easy? Not so fast. If someone breaks the chain, the whole family has to sing Happy Birthday to that person at the top of their lungs.

Completed

Little Extra #2

HERO WALK – Pick a member of the family to be the walk’s “hero.” Ask your hero questions the entire walk that will have them telling you about their likes and favorites, especially questions like: “If you could walk anywhere in the world, where would you walk to?” or, “What was the best thing you ever ate?”

Completed

Little Extra #3

RED THING / BLUE THING – Split the family into two teams. One team is red and the other is blue. See which team can spot more things that are their team’s color during the entire walk. So, if you’re blue, you might see a blue mailbox. That’s one point. But if red team sees a stop sign, it’s tied – one point each.

Completed
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**Little Extra #4**
HERD OF FUN – We think cows are fun. Surprised? On your next walk, instead of talking, “moo” the whole time. And don’t forget to take a little time to lay around in a field or something else our spotted friends would love to do as a family.

Completed

**Little Extra #5**
SING AND STROLL – Everyone has to pick one song and be the song leader as they lead the family in a strolling rendition of their tune. Clap your hands and stomp your feet as you sing down the sidewalk as a family.

Completed

**Little Extra #6**
WHAT A CHARACTER – Have each member of the family pick their favorite character from a movie or book. Your challenge: Each person must act like that character for the entire time. At some point, a parent can yell “switch” and everyone has to swap to another family member’s character.

Completed

**Little Extra #7**
SKIP – Just skip the whole time. Not the most creative idea ever, but we guarantee you’ll be smiling at the end.

Completed