

## August is Family Fun Month

Go on a **Wellness Family Adventure!** Complete activities with your family members to see how many spaces you'll move on the board to reach the finish line. If you miss more than 3 days without completing an activity, go back 2 spaces. Good luck and have fun!



### Move 1 space

- Make root beer floats
- Play hopscotch
- Go for a walk/hike
- Blow bubbles
- Play catch/frisbee
- Make paper airplanes & see whose flies the farthest
- Stargaze
- Find cloud characters & shapes
- Go for a bike ride
- Fly kites
- Play hide & seek
- Run through a sprinkler
- Play cards, a board game or charades
- Trace shadows (of yourself or toys)
- Complete a puzzle
- Get dressed up for mealtime
- Read a book

### Move 2 spaces

- Complete the "Spell Your Name" Workout
- Watch a movie in your backyard
- Go to your local farmer's market
- Play whiffle or kick ball
- Paint rocks with a positive messages
- Have a dance party
- Build a fort
- Go fishing
- Play mini golf
- Visit the library
- Take family pictures
- Identify plants & trees
- Enjoy a campfire
- Have a lemonade stand
- Go bowling (or create your own bowling at home)
- Send family card/letter to someone

### Move 3 spaces

- Try a new recipe
- Make a craft or project (Some ideas: bubble snakes, glitter relaxation jars, homemade bird feeder)
- Go camping/take a vacation
- Spend time in your local park
- Take a trip to the zoo
- Host a family talent show
- Go geocaching (outdoor treasure hunt)
- Go swimming/splash pad
- Attend a baseball game
- Volunteer or give back (Ex. Go through old clothes/toys to donate)
- Review & complete the [Special Play](#) REAL Goal

## Spell Your Name Workout

**A** Hop on one foot 10 times

**H** 15 Burpees

**O** Crawl like a crab for 15 seconds

**V** Skip around for 20 seconds

**B** Run to the nearest door & back

**I** 10 Push-ups

**P** Roll a ball using your head

**W** 20 Calf raises

**C** 30 Second plank

**J** Flap your arms like a bird 25 times

**Q** 30 Jumping Jacks

**X** Hop like a frog 8 times

**D** 20 Arm circles

**K** Gallop like a horse for 30 seconds

**R** 10 Side leg lifts

**Y** 20 Elbow to knee touches

**E** Hop like a bunny 20 times

**L** 15 Toe touches

**S** 40 Second wall sit

**Z** Walk sideways 20 steps & hop back

**F** Balance on each foot for 15 seconds

**M** 10 Lunges

**T** Walk like a bear 20 seconds

**G** Pretend to jump rope for 30 seconds

**N** 10 Squats

**U** March in place for 15 seconds

For questions or more information, please email [wellness@wellfirstbenefits.com](mailto:wellness@wellfirstbenefits.com)