

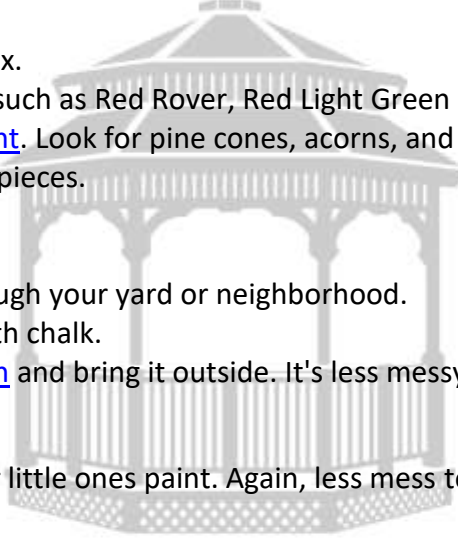

# Walk, Run, Bike!

- Upper Gwynedd trails and open space are still open! Get out and say HI to your neighbors (from a distance.) Please use mask when in close quarters and keep 6 foot distance between you and anyone else. Please Note:

- You may need to take some extra time and let people pass, so you maintain the 6 feet.
- Please keep dogs on leashes.
- Use Restrooms BEFORE you enter the parks, as ours are closed at this time.
- While biking, please wear helmets.

## Other fun activities to do with your family outdoors

(from [www.verywellfamily.com](http://www.verywellfamily.com) )

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- ☐ Fly kites.
  - ☐ Blow [bubbles](#) using a DIY mix.
  - ☐ Play classic [outdoor games](#) such as Red Rover, Red Light Green Light, or Steal the Bacon.
  - ☐ Host a [nature scavenger hunt](#). Look for pine cones, acorns, and other common outdoor items and tally who found the most pieces.
  - ☐ [Hula hoop](#).
  - ☐ Roller skate.
  - ☐ Play [Follow the Leader](#) through your yard or neighborhood.
  - ☐ Draw a hopscotch board with chalk.
  - ☐ Make [homemade playdough](#) and bring it outside. It's less messy than playing on the floor or carpet.
  - ☐ Set up a canvas and let your little ones paint. Again, less mess to clean up.
  - ☐ Find a shady tree and read.
  - ☐ Have a picnic at a local park, beach, or your own backyard.
  - ☐ Do things you'd normally do inside, like play board games or have a pillow fight.
  - ☐ Make s'mores.
  - ☐ Plant a small container garden.
  - ☐ Film a home movie.
  - ☐ Eat homemade popsicles.
  - ☐ Have a water balloon fight.
  - ☐ Wash the car.
  - ☐ Go for a group jog.
  - ☐ Play wiffleball or kickball.
  - ☐ Take turns playing photographer with your phone or camera.
  - ☐ Make mud pies. Who can make the fanciest creation?
  - ☐ Sing as loud as you can.
  - ☐ Is it getting dark outside? Play hide and seek with flashlights (and partners if you have little ones).