

Autumn Activities

As we enter the autumn, the new world might be looking a lot different. However, there is still a chance to have fun, adopt fun family activities and sustain and improve your social wellbeing moving forwards. This article will outline some activities that you and the family can get involved with and ways in which you can adapt to make them more fun!!

✓ **Stick with the classics!**

Don't underestimate the value of the classic games. There is a reason they continue to get passed down from one generation to the next. Here are four of my personal favourites:

- Kickball Keep Away
- Red Light, Green Light
- Capture the Flag
- Mother May I?

✓ **Create an obstacle course is always a favourite outdoor activity for kids**

Creating crazy obstacle courses. You can get fancy and use noodles, PVC pipes, and tunnels (see links below) ... or simply make one using natural supplies like sticks, pinecones, and leaf piles. Either way, the kids will have a great time.

Insider's Tip: Time your kids using the stopwatch on your phone. This adds a new level of excitement.

- Build Your Own PVC Pipe Obstacle Course | Pin it for later
- Build & Play Obstacle Course
- Pool Noodle Backyard Obstacle Course
- Backyard Triathlon



✓ **You do not always need to plan outdoor activities for kids. Sometimes it is fun to let them make up their own game**

The great thing about children is that they are so open-minded and creative. Let your kids create their own variations of games:

- Red Light, Green Light Variations
- Variations of Classic Catch
- Roll Down a Hill

