

# ACTIVITY ADVENTURE GUIDE



Looking for new ways to keep excitement up around the house? Use this guide for fun ideas. You can modify any activity to fit your son's comfort level. Please talk to your son's healthcare provider if you have any questions about what's right for your son.



Hi, my name is Joey and I know all the cool ways to play! First I need to know, how much action do you want today?

Want to take it easy? Take a look at activity list 1.  
Want to make some moves? Move over to activity list 2.  
Want to go BIG? Let's go to activity list 3.

**BONUS!**

You can even use this guide as a coloring book! Get creative with crayons or markers and fill in all the objects you can.

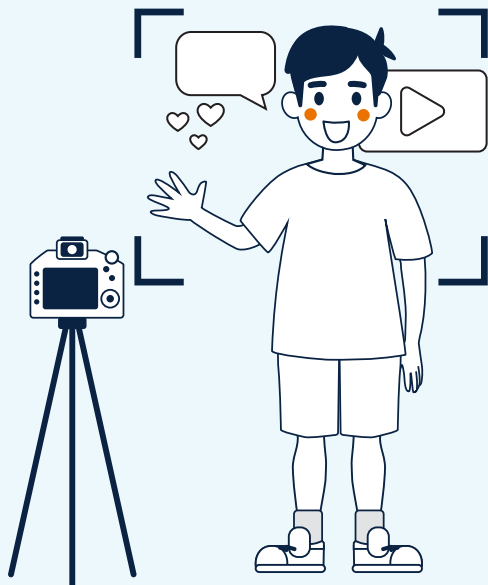
# ACTIVITY LIST 1:

Let's chill out and do something relaxing



## Cook up some fun

Find a recipe you like that's easy to follow. You can make a snack just for you or prepare a little something for the whole family. Be sure to **ask an adult to help out with the tough stuff**, like handling the oven.



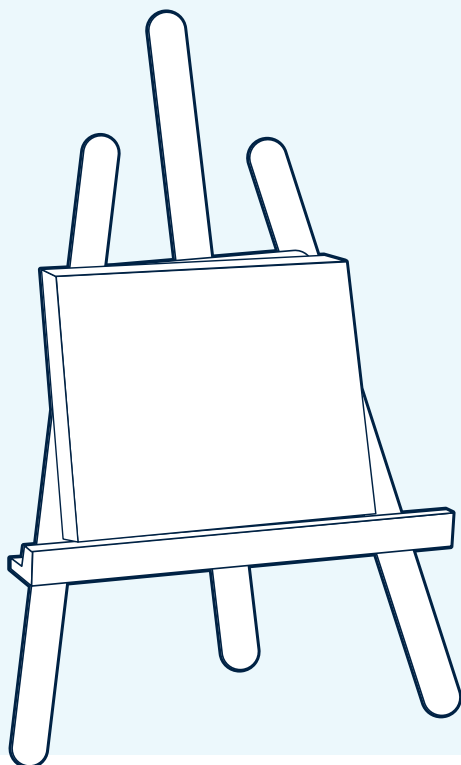
## Lights, camera, action!

Start a video blog by filming yourself doing anything you like. Set up a scene and act it out, show off your newest toy, or just take some silly selfies. Then send it off to your friends and family.



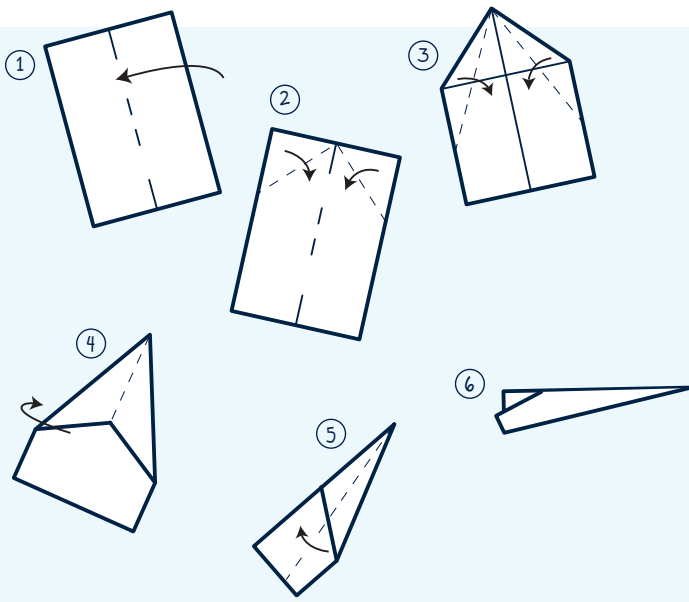
## Ready, set, GROW!

Let's take care of a plant. You'll just need a pot, some seeds, soil, water, and a little time to **watch those babies grow**. Ask an adult to help, so we don't get too messy!



## Work of art

Paint yourself doing something crazy, show off your favorite animal, or paint yourself as a superhero. Try out different brush sizes to see what's comfortable for you.

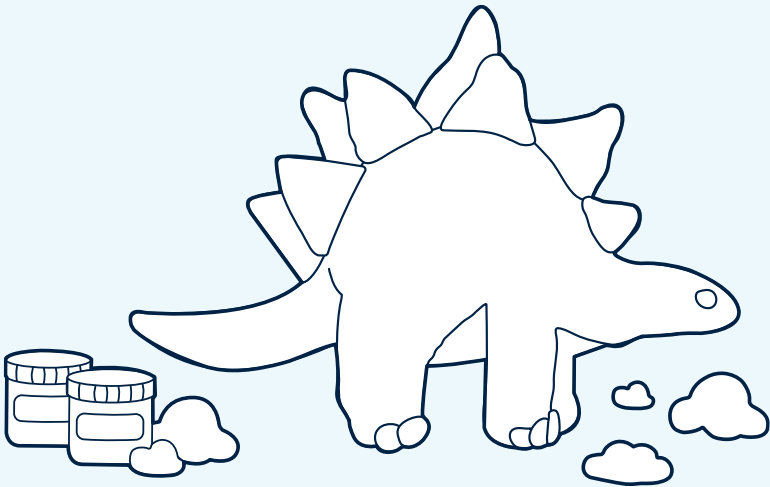
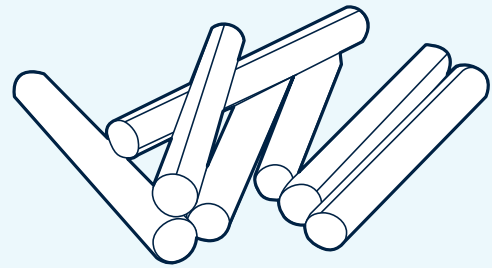


## Plane fun

Let's fold a paper airplane, then design it with cool colors. Once your plane is ready for takeoff, **see how far you can throw it!** Use the directions here to create your plane.

## Sidewalk chalk challenge

Draw a crazy path on a safe patch of sidewalk, driveway, or pavement. Then walk on the path that you draw. You can even add fun moves along the way, like jump 3 times or walk backwards. Make the path easier if it gets difficult.

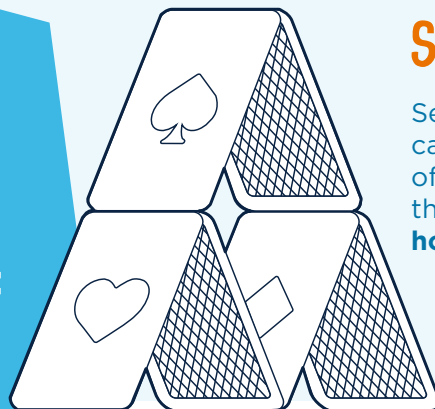


## Sculpt a masterpiece

Make a sculpture of anything you want using air dry clay. It could be a dinosaur, spaceship, or even your favorite videogame character. After it dries, you can play with it or put it somewhere for everyone to see!

# ACTIVITY LIST 2:

Ways to get moving without getting too tired

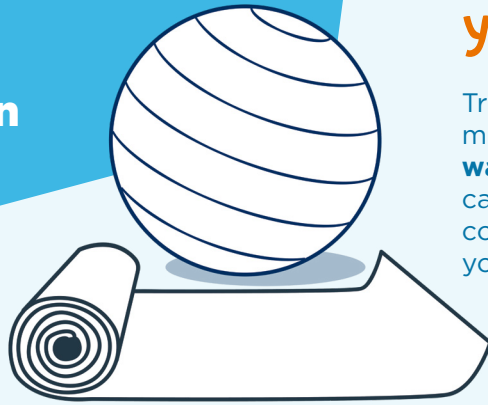


## Stack the deck

See how big of a card house you can build. Then for an extra level of fun, stand on the other side of the room and **throw cards at the house until you knock it down.**

# ACTIVITY LIST 3:

These games are super fun, but can be a challenge

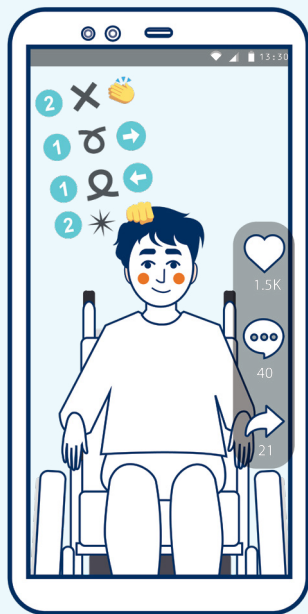
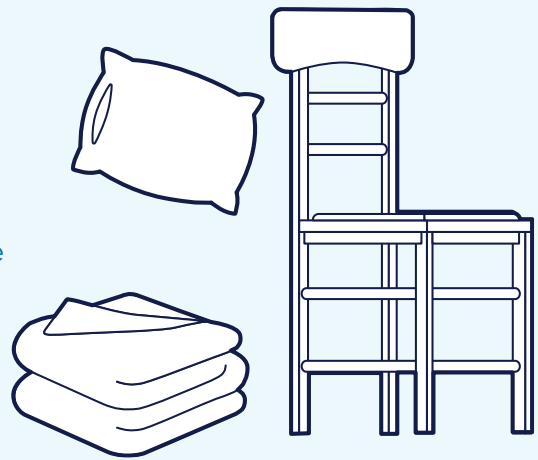


## Yoga stretches

Try doing some yoga stretches for 3-5 minutes. Poses can include **cobra pose, warrior pose, or mountain pose**. You can choose different poses that fit your comfort level. Remember to focus on your breathing.

## Obstacle course

Put together an obstacle course using whatever you can find around your house—chairs, pillows, and blankets. Then see if you can get to the finish line. Remember, this is your obstacle course! You can always adjust how difficult it is.

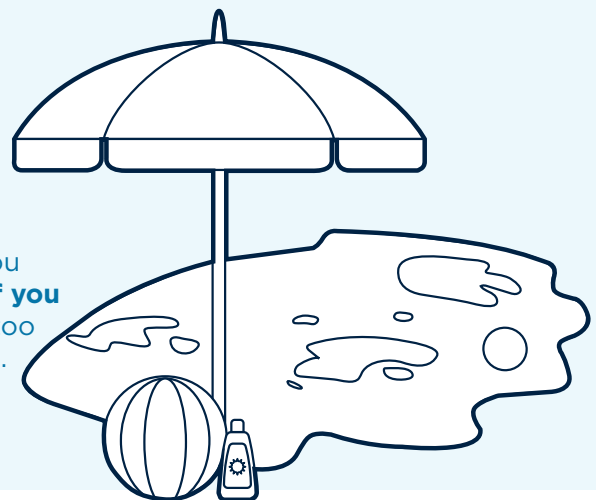


## Bust a move

Make up your own dance or pick your favorite moves from other grooves. You can film your new dance and show it off to your friends.

## Make a splash

Try swimming from one place to another as fast as you can and have an adult time you while you do it. **See if you can break your record!** If swimming unassisted gets too difficult, try using a pool noodle or kick board to help.



# CREATE YOUR OWN

Draw something cool and watch it come to life! Just sketch out whatever you can dream up on the first panel, make each panel after that slightly different, then follow the instructions below for how to put it all together. Please ask an adult for help.

**Step 1:** Cut out each of the panels and put them in order.

**Step 2:** Hold the left side of the panels with your thumb and flip it!

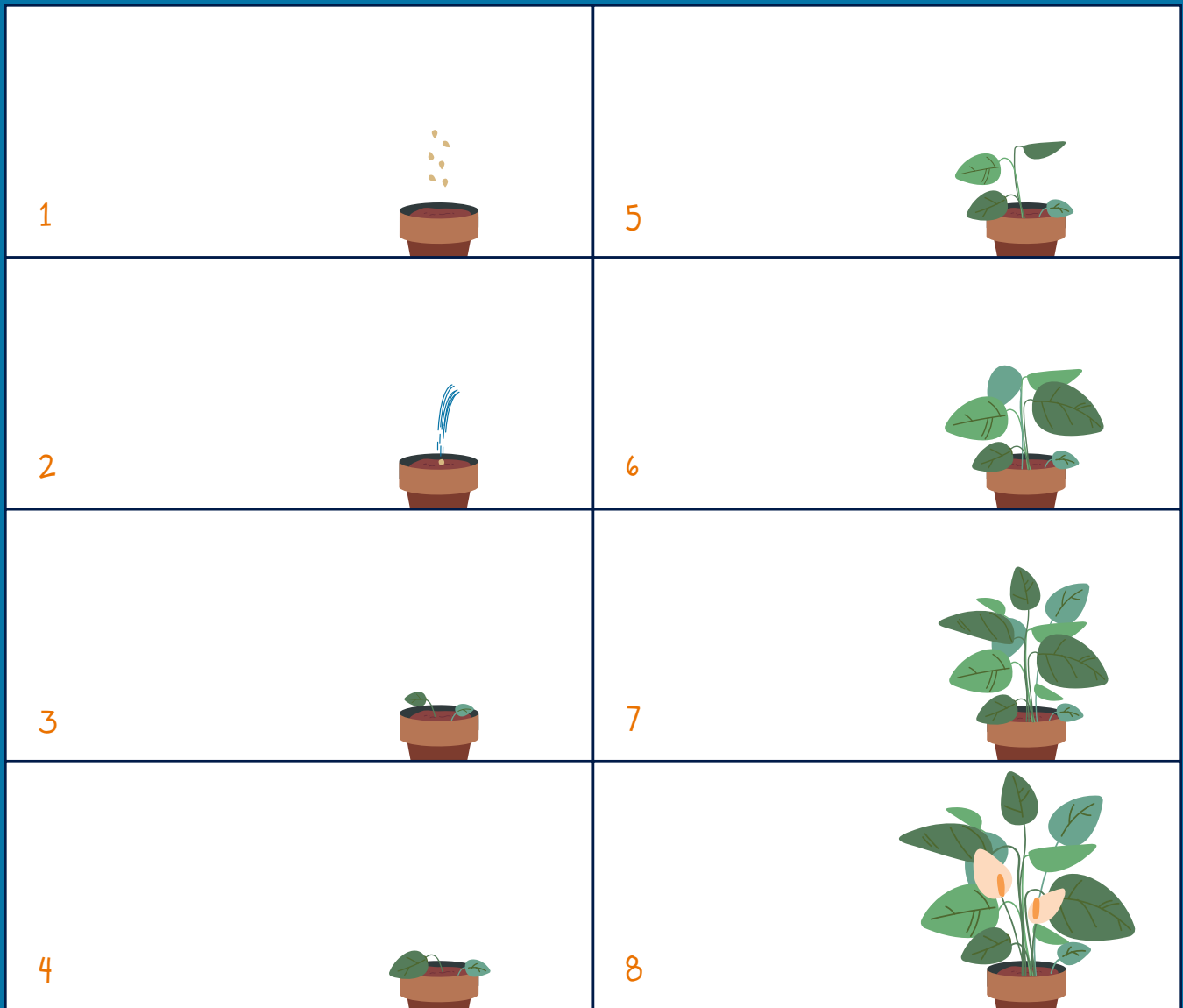
1	5
2	6
3	7
4	8

# FLIP BOOK FUN

Flip books are like creating your own cartoon! While you're waiting for your real plants to grow, you could use this flip book to watch my plant grow before your eyes. Once you get the hang of it, you can draw up whatever you want on the back.

**Step 1:** Cut out each of the panels and put them in order.

**Step 2:** Hold the left side of the panels with your thumb and flip it!



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