

WORKSHEET LIST:

#1 Activity Cards for Play Hard, Play Soft Pages 16-37

Activity List for Leaders

Activity Cards

ACTIVITY CARD LIST FOR LEADERS

Get Moving Activities:	Stay Still Activities:
Take a Walk	Watch TV
Jog or Run	Surf the Internet
Roller Blade	Sing
Shoot Hoops	Read a Book
Play on Jungle Gym	Color, Draw or Paint
Swim	Do a Puzzle
Play Tag	Play Video Games
Dance	Do Homework
Play Kickball	Talk on the Phone
Clean Room	Eat a Meal

Very Active Moves	Moderate Moves
Hip Hop Dance	Walk to and from School
Hockey or Ice Skating	Take the Stairs
Basketball	Carry in Groceries
Volleyball	Skateboard
Martial arts—Karate, Judo, Tae Kwon Do	Sweep Floors
Play Soccer	Play on a Swing
Ride Bikes	Toss a Frisbee
Jump Rope	Play Catch
Tennis	Play Hopscotch
Swim Laps	Help with Chores

Take a
Walk

Watch TV

Jog or
Run

Surf the
Internet

Roller Blade

Sing

Shoot
Hoops

Read a Book

Play on
Jungle Gym

Color, Draw
or
Paint

Swim

Do a Puzzle

Play Tag

Play Video
Games

Dance

Do
Homework

Play Kickball

Talk on the
Phone

Clean Room

Eat a Meal

Hip Hop
Dance

Walk to and
from School

Hockey or
Ice Skating

Take the
Stairs

Basketball

Carry in
Groceries

Volleyball

Sweep
Floors

Martial Arts—
Karate, Judo,
Tae Kwon Do

Skateboarding

Play Soccer

Play on
Swings

Ride Bikes

Toss a
Frisbee

Jump Rope

Play Catch

Tennis

Play
Hopscotch

Swim Laps

Help with
Chores