

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 ONE space

- Make root beer floats
- Play hopscotch
- Go for a walk/hike
- Blow bubbles
- Play catch/frisbee
- Make paper airplanes & see who's 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 TWO spaces

- Complete the "Spell Your Name Workout"
- Watch a movie in your backyard
- Go to a local farmer's market
- Play whiffle or kick ball
- Paint rocks with 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 a card/letter to someone

Move THREE spaces

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

Spell Your Name Workout

A Run to nearest door + back

H 15 toe touches

O 10 side leg lifts

V 20 elbow to knee touches

B March in place, 15 seconds

I 30 jumping jacks

P Hop on one foot, 10 times

W Hop like a frog, 8 times

C Walk like a bear, 20 seconds

J 15 burpees

Q Flap arms, 25 times

X 20 side steps & hop back

D Hop like a bunny, 20 times

K 40-second wall sit

R 20 calf raises

Y 10 squats

E 10 lunges

L Skip, 20 seconds

S Balance on each foot, 15 seconds

Z 10 push-ups

F Gallop, 30 seconds

M Jump rope, 30 seconds

T Roll a ball using your head

G 30-second plank

N Crawl like a crab, 15 seconds

U 20 arm circles

For questions or more information, email wellness@medica.com