

ChicagoHistoryMuseum

Outside Fun!

READ:

After long, cold and snowy winters, Chicagoans take full advantage of the warm weather months by going outside as much as possible! The city has 570 parks to enjoy. Many people also have fun on the lakeshore. They can choose which the over 20 beaches to visit and splash in Lake Michigan. Other people run, walk and bike along the lake. Other places to walk and sight see are the River Walk along the Chicago River or the 606, a former rail line which has been converted into a park and trail network that runs for 2.7 miles on the northwest side of the city. What are your favorite outdoor activities?

DO:

- **Set up** your own outdoor game course! Some ideas:
- **Use** sidewalk chalk to draw a hopscotch pattern. You can add your own twist to this classic game. Go online, if you can, to find ideas for different versions.
- **Set** 6 paper plates out about a foot apart from one another. Throw a bean bag and try to land on each plate. Move them farther apart for more of a challenge. You can also use buckets and a ball instead of paper plates and a bean bag.
- **Jump rope:** try traditional, crisscross or Double-Dutch if you have a partner.
- **Make up** your own challenges using other outdoor toys you may have.
- **Invite** family members to try your course. Ask one to time you through the challenges. See how fast you can get. Make the activities harder for more of a challenge.

Approx. Time: 30—45 minutes

Materials:

- ⇒ Sidewalk Chalk
- ⇒ Paper Plates and a bean bag or buckets and a ball
- ⇒ Jump Rope
- ⇒ Other Outdoor Toys (optional)

If the weather is bad or you would rather play inside, use your creativity to make an indoor course!

SHARE:

- **Post** a pictures of your course and you in action on social media with the hashtag #CHMatHomeFamilies!



Playground at Webster School in 1902. DN-0000074