



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
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Family Friendly Activities YMCA OF SOUTHERN ARIZONA

We have compiled a list of our seven favorite, family-friendly activities and games for a week's worth of fun! For more information about the activity, click the link in the title.

[Go On A Color Scavenger Hunt](#)

Send the kiddos on a fun adventure outside or throughout your home! Children will burn off their energy while eagerly searching for all of the surprises that match the colors in the included sheet.

[Capture Memories With a Time Capsule](#)

What if you made something to help your family remember the significance of this time? Here is a list of items to include in your time capsule that will help you tell a memorable story years from now.

[Make BIG Bubbles](#)

Everyone loves bubbles! But how are they made? You can blow bubbles with any mixture of soap and water, but with a "secret" ingredient you'll get even bigger and stronger bubbles!

[DIY Sidewalk Chalk Paint](#)

The kids will love this! Easier than drawing with chalk, this paint can be made thin or thicker depending on how rich you want your colors. Use more water and larger brushes for more ease of painting. A great, inexpensive outdoor activity for the kids!

[Fizzy Fun With Baking Soda Paint](#)

When kids combine STEM and art, they can really explore their creative side from painting to sculpture! Making art with baking soda paint is a fun and easy STEAM project; you will want to do with your kids!

[Create Water Fireworks](#)

This is an experiment that is sure to have your kids saying Ohhh and Ahhh. Everyone will enjoy watching as the food coloring explodes outwards as it sinks in the glass.

[Make Your Own Cardboard Race Car](#)

Reuse all those Amazon boxes with this easy to follow project. You'll get crafty with your kids and watch them zoom through the room in a race car of their very own.