



June is Recreation & Parks Month

# Activity Booklet

For all ages!



*Active living is healthy living!*



**#JRPM2020**

PARKS AND RECREATION ONTARIO

## GARDENING



### CHILDREN

- Do you know the difference between a garden plant and a weed? Learn to spot the difference by helping to weed the garden.
- Plant some seeds and watch them grow! *For caretakers: Beans, cucumbers, zinnias or sunflowers are great for kids to grow because they germinate and grow quickly. They can also be grown on a balcony or patio in a pot if you don't have a garden.*
- Help to water the plants inside and outside. Just a little bit every day!

### YOUTH

- Help out with the yard work. Do some raking, weeding or even mowing the lawn if you're old enough!
- Learn how a garden works by planting your own! Grow your favourite vegetable like cucumbers and beans which work well in both the garden or in pots on a balcony or porch. If you like flowers grow Zinnias or Sunflowers for beautiful blooms you can cut and bring inside.
- Take a walk around your neighbourhood and take a photo or draw every flower you see. Go online to find out what kind of flower it is so you can learn how to spot different types of flowers in your neighbourhood.

### ADULTS AND OLDER ADULTS

- Do you have plant knowledge? Share those tips to your children / grandchildren / caretakers / neighbours.
- Create or add to a balcony garden. Try planting something new this year!
- Create DIY Planters using recyclable materials. Share your innovations with us
- Find a community garden in your city or town and see how much food you can grow.

## PHYSICAL EXERCISE



### CHILDREN

- Show your family your moves! Put on a song and dance, dance, dance!
- Play hopscotch outside or a backyard game of tag with your family.
- Use things from your house to make an obstacle course and challenge your family to try it with you.
- Practice your balance with a game like Twister.
- Think of all the different ways you can move (sideways, skipping, jumping, backwards) and then try to only move that way for an hour or even the day!
- Try to spell the alphabet with your body.
- Pretend to be your favourite animals and have your family guess what you are.

### YOUTH

- Come up with or learn a choreographed dance and teach it to your family.
- Try a new online exercise you haven't tried before like Yoga or Zumba. Maybe now is the time to pick up cycling or running.
- Create a physical activity circuit. Some activities to include: jumping jacks, squats, push ups, planks.

### ADULTS AND OLDER ADULTS

- Play your favourite song and have a dance party while doing a regular chore.
- Find a new workout class on YouTube that you haven't tried before. Got to [www.prontario.org/membership/jrpm](http://www.prontario.org/membership/jrpm) for some helpful links and videos specifically for seniors.
- Go for a walk or run around your neighbourhood, taking a different route each day.

## MENTAL EXERCISE



### CHILDREN

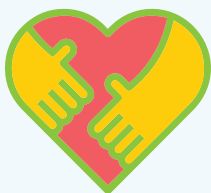
- Read aloud to your parents – the recipe they're making, a book or a magazine.
- Choose an item with moving parts in your house and learn how it works.
- Try to learn a new word every day, and if you are old enough, how to spell it.
- Make your own puzzles with your family! Draw pictures and then cut them up to put them back together again.
- Try a word search, a memory matching game or some card games.
- Create a Scavenger Hunt for your family.

### YOUTH

- Find a book in your house you normally wouldn't pick up and give it a read.
- Try the weekly newspaper crossword – it's fun to partner up with someone to achieve more answers.
- Write a short story.

### ADULTS AND OLDER ADULTS

- Complete a word puzzle. You can buy a book of puzzles or print them for free online.
- Read a book from a genre you haven't read before.
- Do you have some reading or writing skills in another language? Work on improvements!
- Go bird watching in your backyard.



#### *Self Care Tip*

*After these mental exercises unwind with an at-home Spa experience. Check out our website for some tips!*

[www.prontario.org/membership/jrpm](http://www.prontario.org/membership/jrpm)

## SOCIAL HOUR



### CHILDREN

- Chat with your family and friends on the phone or a video call.
- Send a letter or picture in the mail.
- Leave notes for the neighbours in sidewalk chalk outside your house.

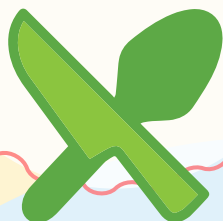
### YOUTH

- Organize a video dance party with your friends.
- Organize a virtual movie night with your friends.
- Video chat with your friends.
- Make a phone call to a relative you don't speak with often.

### ADULTS AND OLDER ADULTS

- Video chat with family and friends.
- Organize a virtual book club.

## HEALTHY EATING



### CHILDREN

- Help your family or caretakers create a meal or snack
- Draw a picture of your favourite fruit or vegetable
- Try a vegetable or fruit you haven't tried before!

### YOUTH

- Prepare a healthy snack (or even dinner) for your loved ones that you haven't tried before.

### ADULTS AND OLDER ADULTS

- Cook a new healthy meal you haven't tried!
- Haven't yet made it to that exotic country you've always dreamed of? Try creating one of their native dishes!

## ARTS & CRAFTS



### CHILDREN

- Go outside and draw your favourite plants and animals.
- Use the recycling items in your house to make Upcycled Art.
- Make some puppets and put on a play for your family.
- Create your own costumes for a dress up party.
- Make homemade slime or playdough.

### YOUTH

- Upcycle your old clothing – learn to sew and turn your old tshirts into a bag!

[INCLUDE LINK](#)

- Create a paint by number of your favourite park or sport.
- Create your own comic strip.
- Make a music video for your favourite song.

### ADULTS AND OLDER ADULTS

- Paint or draw your favourite nature scene, park or animal.
- Learn some origami of your favourite animals.
- Learn how to sew.

## USE YOUR IMAGINATION



### CHILDREN

- Make a fort using your bed or the couch cushions.
- Draw a picture of your favourite park or a park you want to visit.
- Create your own animal (what does it look like, how does it move, where does it live, what does it eat?)

### YOUTH

- Write a story that takes place in a park.
- Research and learn about some of the world's biggest and best parks. What would be in your ideal park?

### ADULTS AND OLDER ADULTS

- Go for a walk while listening to an audiobook.
- Journal in nature.

**#JRPM2020**

*Active living is healthy living!*