

# Fun in the Sun Game Ideas

Obstacle courses are a great activity for the family since you can use whatever materials you have on hand and because you can create an original course every time you play! You kids will love creating their own challenges to see how you and their friends fare as they race through!

## Obstacle Course

### Materials:

- Jump ropes
- Orange cones
- Tables, benches, chairs
- Plastic toy hoop
- Chalk
- Bean bags

*\*These are just a few suggested materials, but let your imagination run wild!*

### Instructions:

Using whatever materials available to create an obstacle course for you and the kids to enjoy. You can either make it a fun course to run through or to add a competitive edge, time each member of the family from start to finish.

Water balloon tosses are a fun way to cool off when the temperatures rise. Plus, with only two items needed, they are easy organize last minute!

## Water Balloon Toss

### Materials:

- Balloons
- Water

### Instructions:

Help the kids fill the balloons with water. Tie them off. Now each participant selects a partner. Each partner should start off facing each other, and only a few feet apart. Take turns passing the balloon back and forth. With every successful pass, one member should take a step backwards, so that gradually the partners get farther from each other. When the water balloon explodes, it's time to start over again!



After all the fun and games, your kids are sure to work up a thirst! Here is an easy recipe for delicious lemonade. Serve it as the drink, or throw it in an ice pop mold ahead of time so that you can serve up refreshing lemonade ice pops!

## Lemonade

### Ingredients:

- 1 cup sugar, white
- 1 cup lemon juice
- 4 cups water
- Ice cubes

### Instructions:

1. Mix together slightly warm water and sugar, so that sugar will dissolve.
2. Add in lemon juice.
3. Top off the mix with ice cubes and place in the refrigerator to chill.

