

# 5K YOUR WAY IDEAS



- Walk in your neighborhood



- Wagon Parade



- Go for a hike



- Take a family bike ride



- Practice yoga



- Swim at your local pool or beach



- Living Room dance party



- Mask-making marathon



- Sewing/Knitting Bee



- Bread baking



- Experiment with new recipes



- Mocktail/Cocktail Room Crawl



- At-home Art Class

- Hopscotch

- Yard obstacle course

- Scavenger Hunt

- Geocaching  
[www.geocaching.com/play](http://www.geocaching.com/play)

- De-clutter or Organization Party

- Puzzle Challenge

- Record a 'Zoom' Concert

- Family picnic

- Book Club

- Board Game Tournament

- Virtual Games  
[www.houseparty.com](http://www.houseparty.com)

- Kayaking or canoeing

- Paddle board

- Waterski

- Water balloon fight

- At home wine tasting



Visit our website for more ideas:  
<http://secure.go2foundation.org/SummerJam2020>

## STAY SAFE!

Remember to follow your local government guidelines with respect to COVID-19 and maintain social distancing when applicable.