

## Be Active this Fall: 5 Family-Friendly Ways

- 1. Make a Maze in the Leaves.** Buy a child size plastic rake so your children can help you create a maze. Then when they are done playing in the maze, they can help rake the leaves into piles. Let your children enjoy jumping in the piles of leaves. Surprise them and jump in with them. Children of all ages enjoy it when their parents join in the fun, even if it is met with groaning or eye rolling. Show your children that it is okay to be playful at any age.
- 2. Go for a Family Bike Riding Adventure.** Search online for family friendly bike trails in your community. If your community does not have bike trails, search for safe biking routes in your neighborhood or surrounding neighborhoods. While on your bike ride be sure to take time for rest breaks and enjoy the changes of fall going on around you.
- 3. Ready, Set, Go Scavenger Hunt.** A scavenger hunt could be done in your yard, neighborhood, or park. Create a list or look for one online. Here are items that could be included on your fall scavenger hunt:
  - Spider Web
  - Dandelion
  - Red Leaf
  - Twig
  - Rock
  - Flower
  - Something Rough
  - Something Round
  - Something Smooth
  - Acorn
- 4. Pumpkin Patch or Orchard Outing.** Every year we try to find a new pumpkin patch or orchard to visit in the fall. You may be surprised how many different places you will find near and far to visit. Children are more likely to try a fruit or vegetable they pick or get from an orchard.
- 5. Great Recipes for Fall.** It may not technically be a physical activity but food preparation together with family requires a certain amount of energy. Children of all ages can play a role in preparing a recipe. Below are nutritious and delicious fall recipes to try:

<https://food.unl.edu/article/fall-food-and-fitness>



Written by Carrie Schneider-Miller ([cschneidermiller2@unl.edu](mailto:cschneidermiller2@unl.edu)), MS, RD. This publication has been peer-reviewed.