




The PLAY
ANYWHERE
Card Deck



**SP 2019 WELN 325:
Community Collaboration
for Wellness Management**

CHAIR VOLLEYBALL (\$\$)



Photo Source:
source:<https://www.seniorservicesinc.org/event/chair-volleyball/2018-09-11/>

An alternative way to play the regular game of volleyball. Physical activity that finds a fun, safe way to be active.

PLAY ANYWHERE!




Supplies:

- Balloons
- Pool noodles
- Chairs
- Volleyball net (optional)

How To:

- Set up chairs facing each other (net is optional).
- Throw balloon in air and hit with pool noodle back and forth between each team. You do not want the balloon to hit the ground.
- The other team gets a point if the balloon hits the ground. The first team to 15 points wins!

Be Creative! Try:

- Standing up instead of in chairs.
 - Using a bouncy ball instead, or a regular volleyball.
 - Playing in the pool, lake, beach.
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CORN HOLE (\$\$\$)



Photo source: <https://www.seniorservicesinc.org/event/chair-volleyball/2018-09-11/>

A fun backyard game to play with friends and family! Play at your next BBQ, block party, graduation party, or for any occasion.

PLAY ANYWHERE!




Supplies:

- 8 bean bags.
- 2 angled boards with a hole for the bean bags.

How To:

- Set the board around 20 feet apart (6 meters), get a friend(s) and form teams.
- Throw the bags trying to make it on the board or in the hole of the board, take turns alternating each throw between teams.
- Bags on the board are 1 point and bags that make it in the hole are 3 points. The first team to 21 points wins!

Be Creative! Try:

- Playing sitting down in a chair next to the board.
 - Moving the boards closer together or further apart for more of a challenge.
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FOUR SQUARE(\$)

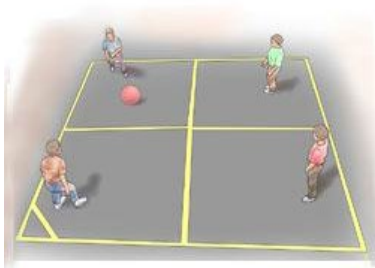


Photo source: <https://www.proprofs.com/quiz-school/story.php?title=1dq-can-you-dance-four-square>

A fun game for recess, at your neighborhood park, on the weekends, after school, in the street of your college house, or for any occasion. Minimal equipment and easy set up.

PLAY ANYWHERE!




Supplies:

- Tape, paint, or chalk.
- Bouncy ball (or any ball of your choosing).

How To:

- Mark four squares on the ground with tape, paint or chalk. The size of the squares is up to you but 5 feet (1.5 meters) is the typical size.
- Number the squares 1,2,3,4 and have a player stand in each square.
- Serve the ball from the highest ranked square to the lowest. The goal is to have the ball only bounce once in your square. If it hits more than once you're out! Move to the higher number square when someone gets out.

Be Creative! Try:

- Allowing players to catch the ball for an easier version of the game.
 - Adding a cherry bomb: Hold it up in the air, and throw it down as hard as you can and it bounces high. It should hit into another square or you are out.
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DIY SLIME (\$)



Photo source; <https://www.mccormick.com/recipes/other/how-to-make-slime>

Make a day of some messy, hassle-free play! Make your own custom slime to enjoy some creative, sensory fun!

PLAY ANYWHERE!

Supplies:

- Elmer's Glue
- Foam Shaving Cream
- Saline solutions
- Baking soda
- Baby Oil

How To: coloring

How To:

- Add $\frac{1}{2}$ cup of glue into a bowl
- Add desired amount of food coloring to glue and mix in
- Stir $\frac{3}{4}$ cup of shaving cream into bowl
- Stir $\frac{1}{4}$ tsp of baking soda
- Stir 1 tbsp of saline solution
- Mix and knead mixture to desired texture. Add Baby oil to make less sticky!

Be Creative! Try:

- Adding more decoration/texture to your slime! Experiment with food coloring, sprinkles, glitter, and more!
- Making a "find the objects" game in the slime!
- Checking out this YouTube video on slime
 - <https://www.youtube.com/watch?v=PTu9IZcao0c>

DIY LASER MAZE (\$)



Photo source: <https://www.itsalwaysautumn.com/diy-hallway-laser-maze-indoor-fun-for-kids.html>

Create your own DIY laser mazes, just like the spy movies! Weave in and out of the streamers to avoid getting “burned”!

PLAY ANYWHERE!




Supplies:

- Streamers or string
- Tape
- A narrow area of play!

How To:

- Start by finding a narrow area of play such as a hallway or narrow path
- Measure out some streamer/string to make a laser-like maze
- Tape the streamer/string to each end of the pathway
- Try to maneuver your way through without touching/breaking the maze!

Be Creative! Try:

- Experimenting with the design of your maze or splinting into teams!
 - Making an obstacle course out of it!
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SPRAY BOTTLE PAINTING (\$)



Photo source: <https://kinderart.com/art-lessons/painting/spray-bottle-mural/>

Let your inner-artist shine
with this easy DIY fun!
Make your own work of
art to play and display!

PLAY ANYWHERE!



Supplies:


- Canvas
- Spray Bottle
- Paint
- Water

How To:

How To:

- Secure canvas to a wall, easel, or the ground.
- Fill up spray bottle with water and desired amount of watercolor paint
- Spray canvas with desired colors and desired design

Be Creative! Try:

- Taping a stencil onto the canvas before spraying it with paint! Next spray the canvas to desired design. Lastly, let the paint dry and remove the stencil to reveal a unique design!
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GIANT GAMES (\$\$\$)



Photo source:

<https://www.brunosbouncehouse.com/product/jumbo-jenga/>

<https://www.amazon.com/MegaChess-Giant-Premium-Pieces-Complete/dp/B0011XBFPJ>

Switch up your favorite games by playing with these GIANT larger-than-life versions!

PLAY ANYWHERE!




Supplies:

- Check out www.wayfair.com to buy some giant game supplies! This website has giant games such as chess, Jenga, and others.

How To:

- Follow the regular rules for the game of your choice.
- Watch some tutorials on YouTube if you need help.

Be Creative! Try:

- Switching up the games a bit, such as doing a truth or dare challenge with each Jenga block.
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PAPER AIRPLANE COMPETITION (\$)



Photo source: https://www.123rf.com/photo_89965356_stock-vector-vector-paper-airplane-travel-route-symbol-vector-illustration-of-hand-drawn-paper-plane-isolated-out.html

It's a bird, it's a plane, no really, it is a paper airplane! Be creative and make your own paper airplane and challenge your friends!

PLAY ANYWHERE!




Supplies:

- Paper
- Stickers, glitter, markers (optional for decoration)

How To:

- Grab a piece of paper and fold into the plane design of your choosing.
- Go to www.foldnfly.com to research step by step instructions for different plane designs.

Be Creative! Try:

- Organizing different competitions! See whose paper airplane can stay in the air the longest or do the most spins.
 - Starting a tournament! Grab more friends to see who build the ultimate paper airplane.
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MARSHMALLOW TOWER (\$)

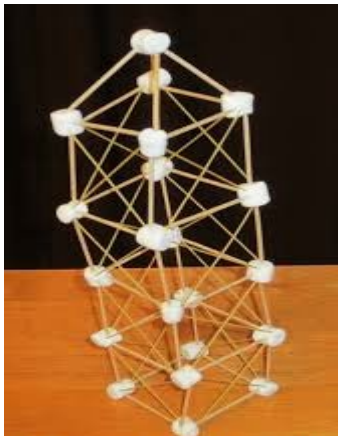


Photo source:
<http://littletinkerer.blogspot.com/2014/10/toothpick-towers.html>

Time to show off your architecture skills and build your way to the top with just toothpicks and marshmallows!

PLAY ANYWHERE!




Supplies:

- Mini marshmallows
- Toothpicks

How To:

- Push a toothpick into the end of one marshmallow, then connect the other end to another.
- Keep connecting marshmallows and toothpicks together to build up your tower.

Be Creative! Try:

- Building with a friend! Make it a competition to see who builds the highest or most creative tower.
 - Using regular sized marshmallows or gummy bears instead of mini marshmallows to add more height!
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HOPSCOTCH ALPHABET (\$)



Photo source: <http://fastline.net/playground/stencil/alphabet-hopscotch>

Find an open area to draw letters with chalk for a game of hopscotch to be played on sidewalks, pavement, and patios!

PLAY ANYWHERE!




Supplies:

- Chalk
- Rock or coin to toss

How To:

- Buy and/ or borrow chalk.
- Write letters of the alphabet.
- Draw a circle or square around each letter to keep them separated.
- Find a rock or coin.
- Toss rock or coin on letters to form a name or word.
- Hop on the letters according to toss.

Be Creative! Try:

- Alternate foot to hop on letters!
 - Try to make longer words or names!
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JEWELRY MAKING (\$)



Photo source:
<https://www.purlsoho.com/create/2014/12/18/classic-friendship-bracelets/>

Buy fun colors of string or yarn to make bracelets in places such as home, school, and playgrounds!

PLAY ANYWHERE!




Supplies:

- String/ yarn

How To:

- Buy string/ yarn at Michaels or Joann Fabrics.
- Pick 3 different colors of string/ yarn.
- Braid by alternating string/ yarn strands.

Be Creative! Try:

- Attempt new styles of braiding such as fish tail with seven strings!
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OVERSIZED BOWLING (\$\$)



Photo source:
<https://www.mokeyinternational.com/item/?id=B07DC22T4Y>

Find an open space such as a parking lot, front & backyard, and sidewalk to set up a game of bowling!

PLAY ANYWHERE!




Supplies:

- Oversized bowling set

How To:

- Buy an oversized bowling set at Walmart, Target, or Amazon.
- Find an open area to set up the bowling pins.
- Toss ball at pins to knock them down.

Be Creative! Try:

- Set up the pins in different configurations, not using all pins!
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TIC-TAC-TOE (\$)

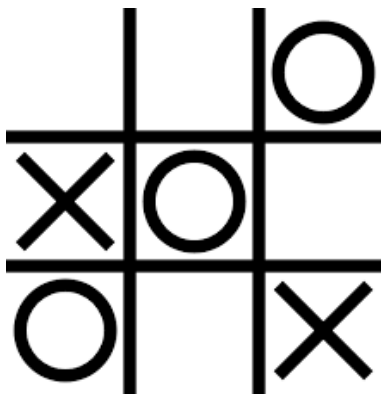


Photo source: www.fte.org/teachers/teacher-resources/lesson-plans/stand-alone-lessons-activities-hot-topics/tic-tac-toe-tariff/tic-tac-toe-image/.

Provide a space for people to play a fun game of tic-tac-toe while out and about in your community!

PLAY ANYWHERE!




Supplies:

- Chalkboard paint
- Painters tape
- Chalk

How To:

- Find spot on wall to paint with chalkboard paint.
- Use painters tape to form tic-tac-toe board.
- Set out chalk for people to play.
- TIP: if you don't want to paint your wall, use cardboard!

Be Creative! Try:

- Switching it up with different chalkboard games. Painters tape peels right off making it easy to try other games such as hangman or Pictionary!
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MAZE DRAWN WITH PAINT (\$)



<http://www.stuff.co.nz/dominion-post/capital-life/7803241/Tape-maze-appears-in-central-city>

Create a maze on a sidewalk in your neighborhood to encourage sidewalk use and to make walking fun!

PLAY ANYWHERE!




Supplies:

- Sidewalk chalk paint
- Painters tape
- Paint brushes

How To:

- Use paint to draw maze on sidewalk
- Set out chalk for people to try and complete maze.
- TIP: Sidewalk chalk paint is recommended so that maze can continue to change

Be Creative! Try:

- Making a maze large enough for people to physically walk through
 - Using painters tape instead of paint
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WALKING CLUB



https://www.shutterstock.com/image-vector/joggers-vector-1541325?irgwc=1&utm_medium=Affiliate&utm_campaign=TinEye&utm_source=77643&utm_term=

Walk around your neighborhood to create a sense of familiarity and safety in your community.

PLAY ANYWHERE!



Supplies:

- None needed!

How To:

- Survey community members to find times that people are available to meet for walking club.
- Use survey to determine how many people are interested
- Use survey to organize set times to meet. Meeting 1-2 times a week is recommended but every neighborhood is different...it's up to you!
- TIP: Encourage parents to bring their kids!

Be Creative! Try:

- Having community members wear matching colors when out together.
 - Organizing run or bike club
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