



Sports Charade

This is a fun way to get active and you don't even need a ball! Sports charades can be played indoors and is a great family game. Simply write down names of different sports on pieces of paper and place them in a box. Take turns drawing out paper and acting out the sports.

Remember, no talking! And no props! Act it out as best as you can and you'll be active while having fun! Don't forget to stretch!



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