

Backyard Summer Camp

Looking for new ways to engage your kids this summer?
Try these summer camp activities that you can do at home!

Garden

Use cups or pots to start a small garden. Allow children to decorate them and watch them grow!

Obstacle Course

Have children create an obstacle course with parent approved items. Time family members to see who can complete it the fastest.

Cup Stacking

Use plastic cups to stack and unstack pyramid formations while timing yourself. Go online to learn basic stacking patterns.

Scavenger Hunt

Give two teams the same list of items to locate in the house or backyard. First team to find them all wins!

[Click here for more information from Cooper Fitness Center.](#)