



# 31 Random Acts of Fun!



Design an obstacle course in your house	Make an indoor scavenger hunt	Learn how to juggle a soccer ball or juggle with your hands!	How long can you stand on one leg for?	Make a basketball shoot out with a laundry basket and rolled up socks, how many can you make from 5 ft, 10 ft or 15 ft away?	Watch a movie with your family	Design and create your own Seahorse drawing and submit it to <a href="mailto:gstagnaro@ci.seaside.ca.us">gstagnaro@ci.seaside.ca.us</a>
Toss an object in the air and catch it at least 50 times, use a stuffed animal, ball or a quarter	Practice dribbling a ball with each hand for 5 minutes	Watch two of the City of Seaside's virtual recreation videos	Try to cook a new recipe with your parents help	Draw your favorite cartoon character, sports, or video game character	Create your own dance and teach it to your parents or siblings	How many times can you pass an object around your waist in 60 seconds?
Walk around your neighborhood with a family member and enjoy the fresh air	Use masking, packing tape or chalk to play hopscotch outside	Set up an indoor bowling alley with home-made pins by using a ball, cans, or fruit that roll	Make a time capsule (Use pictures, drawings, write a letter to your future self) Open in 1 year, 5 years or 10 years from now	Practice your standing long jump and measure your distance; see how far you can go and try to beat it at least 10 times	Challenge each other to see who can say the alphabet backwards in the fastest time	Build a fort using couch cushions, blankets and chairs
Play hide and go seek with parents or siblings	How high can you build a tower of playing cards?	How many obstacles can you run around or jump over in 60 seconds? Use pillows or couch cushions as an obstacle	Draw a picture of your family	Write a letter to a teacher or a family member	Can you hold the "plank" position for 60 seconds?	How many times can you tuck your legs up to your chest and then extend them out in 60 seconds while sitting on a chair?
Play your favorite music and DANCE!	Jump the creek, use two straight lines and jump the creek, the creek widens with every jump	Make Water Bottle Maracas – Put beads, buttons, rocks, rice and decorate the outside	<ol style="list-style-type: none"> <li>Each day choose at least one activity to complete. After completing each activity, color in the square.</li> <li>If you want to repeat an activity you've already completed, go for it!</li> <li>How many activities can you complete throughout the next 31 days?</li> <li>Share your completed activities using #31RandomActsOfFun or tag us on Facebook @City of Seaside Recreation Department and Instagram @Seasiderecreation</li> <li>Take a picture/video of your completed challenges and share with your friends, Seaside Recreation Instagram and Facebook or send pictures to <a href="mailto:gstagnaro@ci.seaside.ca.us">gstagnaro@ci.seaside.ca.us</a>!</li> </ol>			