



INCLUSIVE ACTIVITIES TO DO WITH YOUR GRANDKIDS

Participating in activities with your grandkids is a great way to stay active, involved, and learn new things or rediscover hobbies you once loved. Here's a list of activities you can do with your grandkids or other children in your life.

Activities to Do at Home

- **Cook together.** Cooking together is a great way to establish traditions with grandkids and testing out new recipes can be so much fun! If you need ideas for adaptations in the kitchen, this guide has it all...as well as some yummy recipes to try together.
- **Put a puzzle together.** Puzzles can be fun at any age and come in a variety of shapes, sizes, and types. The pieces can be however large or small you need, and some even have knobs to help with grip.
- **Make desserts.** Desserts are a fun option at any age. Check out this list of healthy desserts that are easy to make for any member of the family.

- Do arts and crafts. The possibilities are endless! Painting a picture, making art from things gathered in nature, or making a cool new t-shirt design are all ideas of ways to get your creative juices flowing.
- Read together. Nothing beats a good book. Cozy up with one of your grandchild's favorites or introduce them to your favorite children's book. Check out Mi Amigo Pedro or NCHPAD's top picks.
- Have a movie marathon. Discover new movies or genres you both like.
- Play instruments or make music. Challenge yourselves to make music from household objects. Get creative and use things like glass or plastic bottles, pots and pans, paper, or even food.
- Create a recipe book. Come up with your own recipes or find your favorites online or in a book and make them. Write down the ones you really like and turn them into a book. Make it a fun tradition to add new recipes every time you are together.
- Go to the movies. When's the last time you went to the movies? Gather up your grandkids and head to a movie. Early showtimes are often less crowded and make for great memories.
- Visit a library. Local libraries are great for learning and discovering. Many libraries have children's programs with reading, storytelling, and games. Check out your local library to learn what they have to offer.

Things to Do Outside

- Go to the park. Parks and playgrounds are an important part of development at any age. This directory lists inclusive playgrounds, and this guide lists inclusive parks throughout the United States.
- Make up a game outside. Making your own games can be so fun and create the best memories. Get outside, get active, and get moving.
- Visit the farmers market. Inclusive farmers markets are the way to go when shopping for local, nutritious foods. Make a weekend of it and visit farmers markets in your area or surrounding area.
- Explore your city or town together. Chances are there's a new exhibit, restaurant, or activity happening in your city or town. Be tourists in your own city and discover what's new.

Virtually

Don't live near your grandkid? Don't let that stop you from hanging out. Connecting with people virtually is easier these days than ever before. Try things like:

- Establish new traditions. Baking cookies together, watching the same movie, or going outdoors together, virtually, are great ways to stay connected.
- Read together. Save time to read a bedtime story together using a video calling app.

Which of these activities will you try?

Connect with a health information specialist to learn more!