

Sun Day, Fun Day: The Best Outdoor Family Games

Activities to shake off that spring fever.

BY GINA KELLY

IN PARTNERSHIP WITH BABYGANICS.

Now that the days are longer and the temperature is warming, it's the perfect time to play some classic outdoor family games. This list includes our *Live Naturally* team's favorite activities for kids of all ages. So, put away that snow shovel, pack a picnic, and get the family outside for a day of fresh air, sun, and games.



1 OUTDOOR TREASURE HUNT

Pique kids' curiosity with an outdoor treasure hunt. Create riddles on index cards and hide them around the yard or a park. For those who aren't sure where to start, a quick internet search yields many ideas to get creative juices flowing. After a day of the kids crawling under bushes and climbing up trees searching for clues, we like [Babyganics Fragrance Free Foaming Shampoo + Body Wash](#) for leaving everyone squeaky clean.



2 ROCK PAINTING

Rock painting outside is the perfect activity for both parents and kids. We love that the house remains mess free, and there's no need to look very far for supplies. After collecting and washing rocks, simply grab some acrylic paint and brushes and start painting. To keep uninvited mosquitos, gnats, and flies from crashing the party, we like to keep [Babyganics Natural Bug Spray](#) nearby. We find that it smells great (except to mosquitos), setting the scene for a serene afternoon of rock painting.



3 SARDINES

If the kids are bored with traditional hide-and-seek, add a twist with a version called sardines. To start, one person finds a place to hide, and then everyone searches for them. When someone finds the hider, they join them in their hiding spot until the last seeker locates the entire group. Since kids may be piled on top of each other by the end of the game, our pro tip is to spray their hands with [Babyganics Alcohol Free Foaming Hand Sanitizer](#). The foamy bubbles make it a fun and fuss-free way to help keep germs at bay.

When little ones are reluctant to end their winter hibernation, backyard bowling is a simple and active game to persuade them outdoors. After locating some makeshift bowling pins, such as stacked cans, grab a ball and start rolling. Backyard bowling can be played with friends, but it's a great solitary activity too.

It may not be hot enough for swimming quite yet, but a little water play can't hurt. To play hungry snake, each player will need a jump rope and a cup of water. The kids form a circle around a person, the snake. The snake holds one end of the rope and spins it around on the ground. Players hold the water in their hands and jump over the rope. If they spill the water or touch the snake, they're out. For protecting kids' skin from the sun, we like [Babyganics Sunscreen Lotion SPF 50](#). Its broad-spectrum, non-allergenic mineral formula is a sunny choice for kids' sensitive skin. Plus, no need to worry about it washing off if they get a little wet since it's water resistant.

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