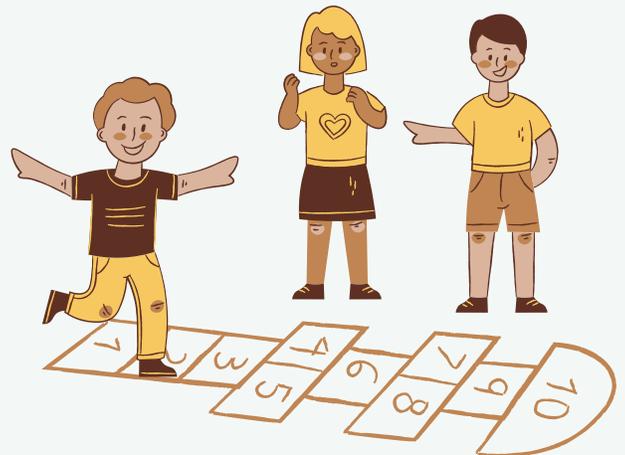


If you're having a Walk event that is focused on kids and families, consider having "stations" with fun games, activities, and snacks to keep the kids engaged! Check out some of the station ideas below, or get creative and make up your own!

1. Hydration
2. Jump Rope
3. Hula Hoop
4. Bubbles
5. Frisbee Golf
6. Dance Party
7. Parachute
8. Healthy Snacks / Recipes
9. Sidewalk Chalk & Hopscotch
10. Coloring (print out pictures of plants!)



Thanks to WVU Medical Students
for sharing this idea!