

# ENERGY BUG JAR ACTIVITY

**Time:** 15-20 minutes

**Supplies:** Popsicle sticks, markers, and a jar

**Instructions:** Have your child sit down with you and think of different activities they could do for different scenarios. An example would be to come up with a family activity. That activity could be to have a game night. Another example would be come up with an activity for outdoor playtime. That activity could be learning a new sport. Once you have come up with some activities, write them on a Popsicle stick and put them in a jar. When your child is running out of things to do, have them pick out of the Energy Bug Jar and enjoy a fun activity!

