

# Niagara County Health Moms Healthy Babies Coalition

## "Get Offline, Get Outside"

### Family Challenge for Little Ones



The New York State “Get Offline, Get Outside” (GOGO) Challenge inspires kids and families to swap screens for fresh air and nature adventures. This version is adapted for families with young children right here in Niagara County. Activities are stroller-friendly, baby-carrier friendly, short, safe, sensory-focused. Many can happen in your backyard, a neighborhood park, or one of Niagara County’s beautiful spots like Niagara Falls State Park, Krull Park in Olcott, Schoellkopf Park, Hyde Park, or along the Erie Canal or Lake Ontario shoreline. Check off the different activities as you complete them.

Families who complete at least 20 activities can submit their form to receive a completion certificate and will be entered into our prize drawing. Completed forms must be submitted by September 30, 2026 and can be emailed to:

[HMHBNiagara@yahoo.com](mailto:HMHBNiagara@yahoo.com), dropped off at any Fresh Air Friday event or

Mailed to: Niagara County Early Intervention Program 1001-11<sup>th</sup> Street 2<sup>nd</sup> Floor, Niagara Falls, NY 14301.

Family Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Address: \_\_\_\_\_

1. Take a gentle family stroller walk or wagon ride on an easy paved path in Niagara Falls State Park or your favorite local park
2. Pack a picnic and enjoy lunch together on a blanket at Krull Park in Olcott or Schoellkopf Park in Niagara Falls.
3. Safely visit the Niagara River, a local stream, or Lake Ontario shoreline (e.g., Olcott area) and point out ducks, boats, or waves with your little ones.
4. Sit in the grass and draw or scribble pictures of trees, flowers, or the sky using crayons and paper.
5. Go on a short “bird listening” adventure, stop to hear and try to spot birds in your yard or any Niagara County park.
6. Spend 10–15 quiet minutes with your family using all your senses: touch the grass, smell the flowers, and listen to the wind.
7. Play on the playground or a swing set at a local park or your backyard.
8. Do a simple toddler nature scavenger hunt—look for 5 things like a red leaf, a smooth rock, or something fuzzy.
9. Read a favorite picture book together under a shady tree in any Niagara County park.
10. Watch a sunset (or sunrise for early birds!) from a safe park bench or blanket spot overlooking the river or lake.
11. Get creative with sidewalk chalk play—draw rainbows, flowers, roads for toy cars, hopscotch squares or just scribble on your driveway, sidewalk or a park path.
12. Spread out a blanket and relax, play, or have tummy time outdoors in your yard or a park.
13. Plant seeds or small flowers in pots or a tiny outdoor garden patch—let little hands help water them.
14. Look for butterflies, ladybugs, or ants (from a safe distance) during a short park visit.
15. Take a short family bike/scooter ride, or tricycle adventure on a flat, safe paved path in a Niagara County park.
16. Play a simple outdoor game like rolling a ball, chasing bubbles, or gentle tag on the grass.
17. Attend Healthy Moms Healthy Babies Fresh Air Friday on 7/17 from 11am-1pm at the Lockport Housing Authority
18. Attend Healthy Moms Healthy Babies Fresh Air Friday on 7/24 from 11am-1pm at Pendleton Park
19. Attend Healthy Moms Healthy Babies Fresh Air Friday on 8/7 from 11am-1pm at Niagara Falls park (TBD)
20. Attend Healthy Moms Healthy Babies Fresh Air Friday on 8/21 from 11am-1pm at Falkner Park in Youngstown, NY
21. Collect safe natural treasures (leaves, pinecones, sticks) during a park walk for later sensory play at home.
22. Have a family dance or movement party outside with music from a portable speaker.
23. Cool off with gentle water play—splash hands and feet at a toddler friendly splash pad, run through a backyard sprinkler, set up a small splash area in your yard with a bowl or pail.
24. Explore colors and textures in nature—point out flowers, leaves, and grass while walking or sitting outdoors.
25. Visit a local park or green space and simply enjoy being outside as a family—no agenda, just fresh air and together time.

*Have a great Summer!*