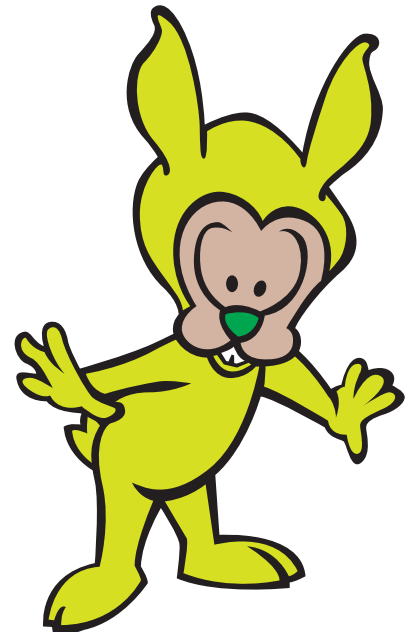
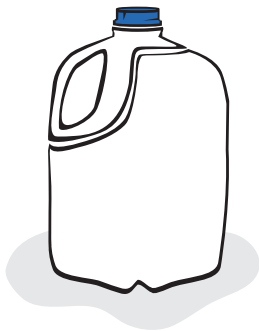
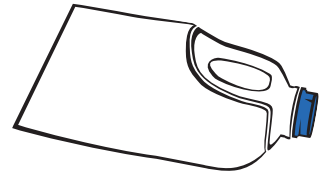
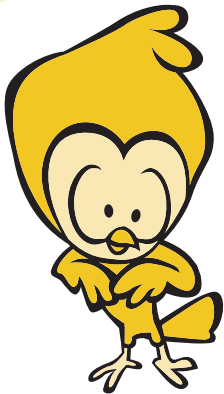


# 50 Physical Activities To Do With Milk Jugs

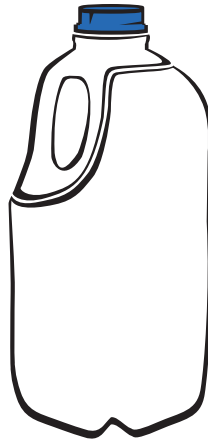
1. Thread the handles through a ribbon and tie them around your waist, to use as shakers while you dance
2. Hold the handles and use as boxing gloves
3. Cut out bottoms to use as a scoop for digging
4. Pretend they are helmets and run around like warriors
5. Use them as cones for an obstacle course
6. Jump over them
7. Use as bowling pins
8. Cut bottoms off and use to catch items
9. Kick them around like soccer balls
10. Fill with noise items and use as shakers
11. Use empty as targets
12. Use to pick up leaves or pine cones
13. Fill them with something heavy and use as weights
14. Hold between legs and try to walk
15. Cut out bottom to use as a horn or megaphone
16. Play the Hot Potato game
17. Punch holes and use as watering can or sprinkler
18. Use as bases
19. Fill with glitter or colored cotton balls to use as a visual target
20. Use as a ring toss target
21. Use as a drum
22. Wear like moon boots
23. Tie to a pole or tree and use as a tether ball
24. Fill with bells and use as an auditory target
25. Pass to friends without using hands
26. Stack and build with them
27. Fill with healthy treats and use as a piñata
28. Fill with water, attach to rope, and pull around
29. Use as boundary markers
30. Use in relay races passing it over, under, right, and left
31. Create your own musical instruments
32. Play kick the jug
33. Leap frog over them
34. Use them in dramatic play
35. Connect and make an igloo
36. Cut tops off and use for beanbag toss
37. Balance on head or other body part
38. Toss and catch them
39. Write numbers on sides and use a dice
40. Play jug football
41. Use as a shot put
42. Attach to rope, pull and chase the jug
43. Connect to a noodle or rope and use as a hurdle
44. Use for collecting small creatures
45. Use them to play kickball
46. Hit like a baseball
47. Stomp on them
48. See how far you can throw them
49. Hang them from something and use as a target
50. Use for water relays



# 50 Physical Activities To Do With Milk Jugs



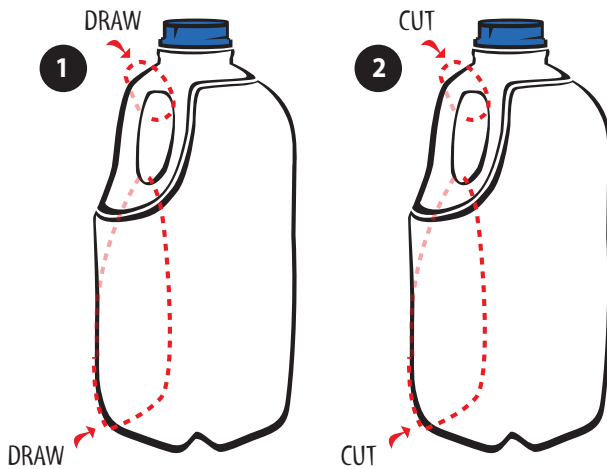
MILK JUG



## Example How-To Instructions

### MATERIALS

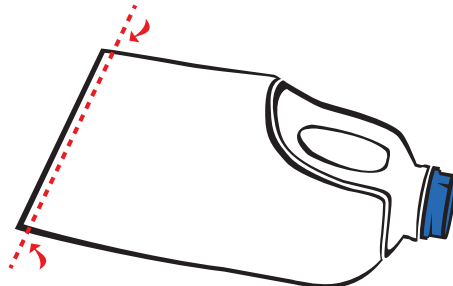
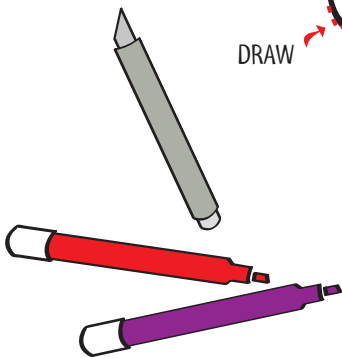
- Clean milk jug
- Permanent marker
- Craft knife



## Making a small shovel:

### INSTRUCTIONS

1. Draw the shape of the scoop on the milk jug: a line across the jug handle, and around the bottom section under the jug handle.
2. Carefully cut along the lines you marked.



## Making a scoop:

### INSTRUCTIONS

1. Draw either a straight line or a diagonal line across the bottom of the milk jug.
2. Carefully cut along the lines you marked.

**Tip: Always cut away from yourself.**

