

INDOOR ACTIVITIES FOR KIDS

DO YOU NEED HELP PLANNING INDOOR ACTIVITIES FOR YOU AND YOUR FAMILY? BELOW IS A LIST OF IDEAS THAT WILL HELP YOU TO GET STARTED.

- Set up an obstacle course inside using household items
(*Example: Pillows are great “rocks” to jump over*)
- Have a scavenger hunt around the house
- Turn on some music and dance! Make a game of it by having one person in charge of the music, and have everyone *freeze* when they turn off the music.
- Pretend the floor is **hot lava!!!** Put paper plates or pieces of construction paper around a room. Kids jump from paper to paper as they try to avoid the “hot lava floor”. The kids must travel from plate to plate (or paper to paper). Remember... *don't fall in!*
- Blow up balloons and play volleyball or basketball inside
- Have animal races. Take turns calling out an animal name. When an animal is called, everyone has to move like that animal to a finish line. Make the animal noise, too, and you will have everyone laughing.
- Play **ACTIVE** video games with a friend (*the games that make you sweat*)
- See who can do the most push ups, jumping jacks, or exercise of your choice in one minute (*Suggestion: have a ‘counter’ and an ‘exerciser’ and switch each minute, make it a friendly competition*)
- Go to the mall (*Walking through the mall is warm and fun, it's okay to stop at your favorite store and look around*)

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