

Movement Activities for Kids At Home

- Blow up balloons and try to keep them up in the air. Maybe hang a blanket as a net and play "volleyball."
- Use painter's tape and create a hopscotch board on your living room floor or rug.
- Set up a mini golf course around the house, using cups for the holes and ping pong or other softer (i.e. less destructive) balls.
- Play "marching band": Children young and old may enjoy marching throughout the house; everyone gets a different instrument (pots and pans included).
- Build an obstacle course indoors for smaller children using sofa cushions and cardboard boxes.
- Indoor activity stations: Make signs and each 'area' has an activity: jumping jacks, crawling through tape/rope, planking etc. Set a timer, and then rotate through the stations.
- Water bottle bowling: Set up water bottles at the end of a hallway and use a lightweight ball to play bowling!
- Playing Charades!
 - Tip: Try using the app "heads up" for a family game
- Outdoor scavenger hunt: If possible, take a walk in backyard or around neighborhood and complete a scavenger hunt!
 - <http://www.lovetheoutdoors.com/camping/kids/scavengerhunt.htm> Check out this website for an example scavenger hunt!
- Brain Breaks! Look up "Brain breaks" on youtube for tons of videos to get kids moving. Check these out!
 - <https://www.youtube.com/watch?v=dhCMOC6GnrY>
 - <https://www.youtube.com/watch?v=5if4cjO5nxo>

Apps:

- GoNoodle-Kids
- SworKit kids
- Just Dance Now
- Iron Kids
- Kids Fitness-Yoga (Android)

Resources:

<https://www.rei.com/blog/fitness/ideas-for-keeping-kids-active-when-home>

<https://www.merakilane.com/22-indoor-snow-day-activities-for-kids-to-keep-your-children-entertained/>

<https://childhood101.com/101-things-to-do-outdoors-a-fun-printable-poster/>

<https://whatmomslove.com/kids/active-indoor-games-activities-for-kids-to-burn-energy/>

<https://kidshealth.org/en/parents/exercise.html>