



Indoor Physical Activity Ideas for Kids!

Activity helps children stay healthy and happy. These suggestions are useful during extended rain and snow periods when outdoor play is not possible. Television watching and use of computer or video games should be limited to 2 hours or less per day.

- Use music for stepping, hopping, jumping in place.
- Have kids make up dances or share the latest popular or line dances.
- Play "keep the balloon up". Use one balloon per child or one balloon per small group. The group may add additional balloons as they gain control and awareness.
- Practice progressive relaxation, tensing each body segment and then relaxing in turn (head, neck, shoulders, right arm, right hand, left arm, left hand, etc.).
- Sitting exercise [sittercize]: do a variety of arm, leg, foot, and trunk exercises while remaining seated. [Use music]
- Play "fitness with the leader." This is "follow the leader," using exercises.
- Measure heart rates after various movements [hop, walk, jump, skip, etc.].
- Make up "hand jive" routines, share and teach to others.
- Try juggling, top spinning, or yo-yo contests.
- Sport mimics: act out sport movements such as batting, kicking, dribbling, throwing/catching, dunking, swimming various strokes, and volleyball passing/serving. Everyone is skillful without the equipment!!
- Collect milk jugs to fill with varied amounts of water to use as weights. "A pint's a pound the world around!"
- Make paper airplanes and see how far they can fly-but be sure they don't point them at other people!

Source: The National Association for Sport & Physical Fitness at www.aahperd.org <http://www.aahperd.org>

More Indoor Activity Ideas

- Send your kids (or join them!) on a SCAVENGER HUNT!
- Build a fort
- Dance – There's a number of ways to get kids shaking with music; karaoke, dance videos or the freeze game in which kids dance until the music stops.
- Play with a pet
- Hide and Go Seek
- Try a kids workout video!
- Play Charades
- Dress up
- Hula hoop – not only can you spin the hula hoop around your body but you can also relay race pushing the hula hoop. The race doesn't have to span any longer than the length of a room.
- Kids Gym – many gyms have kid zones that children can go to while their parent gets their own rainy day physical activity.
- Traditional Games – Games like Ring around the Rosie, Duck Duck Goose, and the Hokey Pokey can all be done indoors if there's more than one child playing.
- Foam Ball Games – 'nerf'-like foam balls make perfect indoor sports equipment. Toss around a foam ball, play catch bouncing it off a wall or play basketball with a mini hoop
- Jump Rope
- Introduce activity breaks during commercial breaks any time your child watches TV so they don't remain completely sedentary

Online Resources for Indoor Activity

Inspiration and Information for Physical Activity
http://www.bam.gov/sub_physicalactivity/index.html

Gear Up: Need a helmet? Need a ball? If you're not sure what gear you need in order to do a certain physical activity, just select it from the pulldown list and we'll let you know!
http://www.bam.gov/sub_yoursafety/yoursafety_gearup.html

Physical Activity Online Tracking
<http://www.fns.usda.gov/tn/tnrockyrun/moveit.htm>

From the CDC about getting physical activity:
<http://www.cdc.gov/physicalactivity/everyone/getactive/children.html>

Kids Health is a great resource for parents – and has some really fun stuff for kids too!
www.KidsHealth.org

