

INDOOR ACTIVITIES

When the weather won't cooperate, the fun doesn't have to stop. These easy, creative indoor activities keep kids engaged, active, and smiling --- any day of the year!

1

TARGET TOSS & CATCH

Toss soft items (sock balls or stuffed animals) into a basket or taped target on the floor. Increase the challenge by assigning points or distances!

2

LAUNDRY BASKET SLED PULL

Turn a laundry basket into an indoor sled! Pull stuffed animals or take turns riding for a simple indoor activity

3

OBSTACLE COURSE

Create a fun course using tape zig-zag lines or household items to crawl over or around. Add animal walks and hopscotch patterns to keep kids moving!

4

SUPERSIZED BOWLING

Set up your own indoor bowling using plastic cups or bottles as pins and roll a soft ball or to knock them down. Get creative and build different pin layouts!

5

INDOOR SCAVENGER HUNT

Create a list of items or visual clues and send your child on a treasure hunt around the house. Great for critical thinking!



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6

FLOOR IS LAVA

Set up safe spots on using pillows, paper, or other household items. No stepping on the floor!

7

BOOKWORM WORKOUT

Have a child you loves reading books? Pick one exercise to do every time a specific word is mentioned. Example: Cat in the Hat- every time the word “hat” is mentioned, you do a jumping jack!

8

GROCERY BAG JUGGLE

Toss a grocery bag in the air and keep it from touching the ground. Need a challenge? Add more than one bag!

9

HALLWAY SOCCER

Kick a soft ball or rolled-up socks down the hallway and score using a goal made from household items. See who can score the most goals!

10

BROOM HOCKEY

Use a broom or something similar to hit a soft ball or rolled-up socks and score in a goal made from household items.

