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| **If you don’t have a soft ball, roll up 3 or 4 socks together to make one!****When designing an indoor obstacle course, use soft objects like pillows.** **No dice? Get 6 bits of paper and write 1 -6. Put them in a bag, look away and take a number out. Can you make a spinner instead?** | Simon Says Active Kids FREE printable activity for healthy kids | kids gym games indoor recess # | Homemade obstacle course**INDOORS** | 10 Sidewalk Chalk Ideas That'll Keep Kids Entertained for Hours - Page 5 of 10Or create an outdoor obstacle course in the garden! Why not time yourself and see how much you can improve? |
| Learn with Play at Home: Plastic Bottle Number Bowling!**Use plastic bottles as a target (you could make each bottle worth a different amount like 1 and 10). Use a soft ball to play bowling.** | Kristina | Toddler Approved on Instagram: “NUMBER TUNNELS!! It’s Monday, 😜which means we need something incredibly easy on our “to do” list to kick off the week. I’m still recovering…”Bend bits of paper and card - stick with tape and roll a ball through them. | Put a sticker with a movement, on each number of a clock face. Complete a minute’s exercise changing movement each 5 seconds. | It’s hard to keep kids from going stir crazy when we’re stuck indoors! When they are at school and the weather is bad, there is still a big gym or cafeteria for them to run and exercise. At home…we’ve got the living room. I’ve always been one of those moms who allows (and even encourages)... |
| The Elementary Professor: Indoor PE Freebie!Think of a movement for each letter of the alphabet. Spell out a word and complete the movements. For example, cat would be - 5 squats, 10 jumping jacks and 20 toe raises! Can someone guess what word you’re spelling from your movements? | 15 best indoor activities for kids and crafting Mirjam Simonsson #baby #ch ...#activities #baby #crafting #indoor #kids #mirjam #simonssonExperiment with making different paper planes (try to use old newspaper or scrap paper). Which ones fly best and why? If you make a target, like this boy has out of newspaper, you could ask an adult to write words you are learning to read by each hole. When the plane goes through, read the word.You could use a ball or milk bottle tops instead of a plane! | 101 Summer Activities to do with KidsSnowball Fight  Required Items White paper for each player or team. Place a dividing line in the middle of the room. Players or teams will need to wad up the white paper and have a snowball fight. The player or team who has the least number of “snowballs” on their side after one minute is the winner.Knock a tower down with your snowballs!7 Indoor Snowball Activities If you don’t have newspaper, use rolled up socks! | Roll a Gross Motor Movement Brain Break Use this motor movement break to get your class up and moving. Providing short exercise or brain breaks during the school day can help improve on-task behavior. These can also be used for indoor recess, an occupational or physical therapy session, as a warm up or full session activity.Challenge!Take any of these ideas and use your wonderful imagination to invent new games! The more you investigate, the more creative your ideas will become. Can you teach a brother or sister how to play one of these games? Have fun! |