

## Indoor physical activities

1. **Water bottle workout:** Fill with colored beads, dried beans, or even water to add weight. Vary levels and contents for desired heaviness, then work those triceps and biceps.



2. **Detergent Jug Catch:** Use empty laundry detergent jugs to toss and catch small balls, alone or in pairs.



3. **Balance Beam:** Make a balance beam by placing painter's tape directly on the floor.



4. **Balloon Volleyball for two:** Nothing but net--or in this case, nothing *for* a volleyball net but a simple length of ribbon.



5. **Ribbon Limbo Game:** How low can you go? Tie a ribbon to two chairs to find out!



6. **Obstacle Course:** Line up chairs, put towels over them, and crawl under them. See who can finish with the least amount of time.



7. **Recycled Bottle Bowling:** Reuse plastic beverage bottles before you recycle them—instant bowling pins!



8. **Never in the Olympics**

Sit down and walk!

Mark a finish line. Everybody can race at the same time or you can divide up into teams to make it a relay race.

To play, sit on the floor with your legs straight out in front of you and try to walk on your behind.

You can't use your hands or feet in any way to push yourself forward!

Here's a hint: first try moving one side of your behind and then the other!



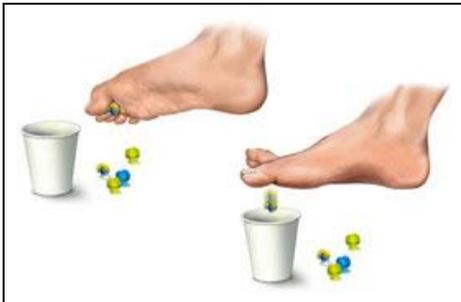
## 9. Marble Toes

A marble toes game for marvel toes fame.

To set up the game, fill two bowls with water and put 10 marbles in each of them. Then, put empty bowls next to them.

To play, two players race to transfer all the marbles in the bowl of water to the empty bowl. The trick is that you can only use your feet.

The first player to transfer all of her marbles wins.



## 10. Dance!

Put on your favorite song on and dance to the beat.



## 11. Balance yourself!

Place a book on your head and see how far and for how long you can work. To make it harder, try to walk fast as possible.



## 12. Crab Soccer

Feeling a little crabby?

This game is for 4 or more players and should be played outside or in an open area.

To play this game, you need a big, squishy ball, and something to mark goals.

Split into two teams, and decide where the goals are for each team.

Now get into crab position-get on your hands and feet with your stomach pointed toward the sky.

To play, you have to walk like a crab and try to kick the ball into the other team's goal. You can't touch the ball with your hands.

The team that scores the most goals wins.



## 13. Kids Yoga

Sit, stretch, and relax



#### 14. Creative movement

Have one person be leader and follow the creative movements they make.



#### 15. Indoor snowball fight

Crumple up old paper and have a paper snowball fight with your friends. You can even set up an empty trash can and play basketball.



#### 16. Clear your room

Cleaning and organizing your room can be a form of exercise, so start cleaning!



### 17. Three-legged race

Divide children into pairs, matching children of similar height and build.

Have each player stand next to his partner and put his arm around his partner's waist.

The partners' inside legs (the right leg of the partner on the left and the left leg of the partner on the right) should be touching. Tie the partners' inside legs together so each pair of children has three legs rather than four.

Use two ropes to mark a starting line and a finish line.



### 18. Jumping Jacks

See who can do the most jumping jack. Try to reach for the sky!



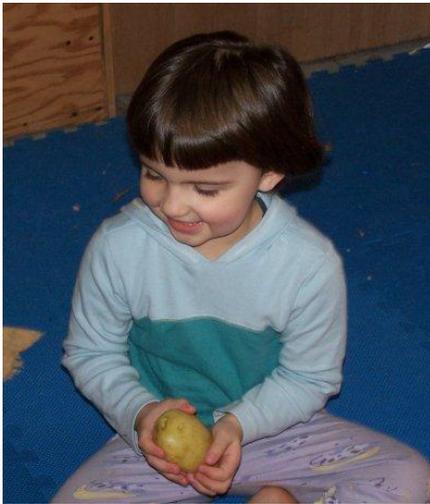
## 19. Hot potato

**Need:** Bean bag or ball for the hot potato, something to play music. Anything can be used for a hot potato - a doll, toy car, piece of fabric, etc.

**Object of the Game:** Don't get caught holding the hot potato when the music stops playing.

**Set up the game:** Sit children in a circle facing towards the center with one of them holding the "hot potato".

**How to Play:** Start the music and have the children start to pass the hot potato around the circle. When the music stops the person holding the hot potato is out. Continue the game until there is only one person left in the circle. They are the winner.



## 20. Shadow play

Using a lamp, try making funny movements and see how your shadow moves with you.

