

# 44 indoor activities to do with your kids.

TO STAY HEALTHY AND HAPPY DURING CORONA VIRUS.

## 1. **Four Corners**

-Sit down in the center of the room and assign a number to each corner of the room. The person in the middle is blindfolded while everyone on the outside chooses a corner of the room to stand in as quietly as they can. The person in the middle then chooses a corner. Everyone in that corner is out. The game continues until there is one person left and he/she is the winner.

**2. Name that Tune.** Play 5 seconds of a song. Have your kids guess the name or who sings it!

**3. Learn a dance!** Go on youtube, have them learn a dance and perform it for you.

**4. Indoor treasure hunt.** Hide things around the house for them to find!

**5. Plastic bottle bowling.** Use milk jugs, paper towel rolls, and tennis ball. Make an indoor bowling alley!

**6. Marshmallow house building.** Marshmallows + pretzels!

**7. DIY dollhouse.** Make a dollhouse and design the inside out of a shoe box!

**8. Balloon Badminton** Use paper plates and balloons to turn your living room into a badminton court.

**9. The Floor is Lava!**

**10. Freeze Dance!**

**11. Movie day with picnic lunch on the ground.**

**12. Bake a mug cake!** Recipe click [here](#)

### 13. Play Simon Says

14. Fill the kitchen sink with bath toys, a ton of bubbles, and let them enjoy.

### 15. Indoor obstacle course

16. Have your kids make dinner. Yes, let them do it all. See what they come up with.

17. Crack open an old activity book that is stowed away on the shelf.

### 18. Tabata workout

### 19. 2nd Tabata workout

20. Make homemade bookmarks. Send in the mail to grandparents!

21. Clean the tables with shaving cream. (more cleaning the better, am I right?!)

### 22. Make Homemade journals.



### KIDS 7 MINUTE HIIT WORK OUT FOR SELF-REGULATION

Set an interval timer and complete each animal movement for 45 seconds, with 15 seconds of rest in between. Do as many as you can!



#### FROG JUMPS

Hop, hop, back and forth like a frog



#### BEAR WALK

Hands & feet on the floor, hips high - walk left and right



#### GORILLA SHUFFLE

Sink into a low sumo squat, with hands on the floor, shuffle around the room.



#### STARFISH JUMPS

Jumping jacks as fast as you can, with arms and legs spread wide.



#### CHEETAH RUN

Run in place, as FAST as you can! Just like the fastest animal in the Sahara.



#### CRAB CRAWL

Sit and place your palms flat on the floor behind you near your hips. Lift up off the ground and crawl.



#### ELEPHANT STOMPS

March in place lifting your knees as high as you can and stomping the ground as hard as you can!

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[HTTP://WWW.EXTRAORDINARY.COM](http://www.extraordinary.com)

### 23. Have them organize their room!

-watch marie kondo on netflix for organizing inspiration ;)

**24. Basement hop scotch.** Allow them to draw hop scotch on your basement floor if you have concrete! ..Make sure they wipe/mop it up when done!

**25. Make a race car track** with painters tape

**26. Make a hop scotch board with TAPE** on your floor.

**27. Sticky Note Wall Bop:** Attach 26 sticky notes to the back of a door and write a different letter on each one (in random order). Make a "start" line a few feet away from the door (more if you have older kids), and have your child stand behind it with a soft ball, bean bag, stuffed animal or pair of rolled up socks. Now instruct them to throw their object to try and hit the "A" or the "T". Players with more advanced aim and spelling skills can try and hit all the letters in specific words (to make it even tougher, if they miss one of the letters, have them start all over again!).

*\*have them spell words this way!*

**28. Ping Pong catch.** Take out the red solo cups! Play catch with them and the ping pong ball. Each 2 catches have them take one step back further until they drop the ball.

**29. Cotton ball crawl** This Cotton-Ball Crawl game (via Parenting.com) is tons of fun and involves moving a pile of cotton balls from one room to another using a spoon. The feather-weight cotton balls make it easy to fly off if they don't balance it just right!

**30. Make paper airplanes.** See who makes the best one. After you make your own, youtube how to make it even better!

**31. Nerf gun targets.** Set up water bottles or empty containers at different distances. Use nerf guns to knock them down. Take turns and see who knocks down the most.

**32. Paint Chip color hunt.** Have any old paint chip color blocks? Or if you're feeling like you want to go out to the local hardware store, stop in and pick some up! Have them find things around the house that match those colors EXACTLY!



**33. Learn cursive**, send 3 letters in the mail to grandma and grandpa and your best friend.

**34. Learn** how to use mom and dad's camera. (ask first!)

**35. Simon says**

**36. Bubbles indoor!**

**37. Movement dice.** Get dice, each number is a movement. Roll a 1? 10 burpees. 2? 10 air squats. 3? Crab walk to fridge and back. 4? Arm crawl to your room and back. 5? 10 couch dips. 6. Bear crawl to length of living room.

**38. Have your kids perform a puppet show for you.**

**39. Teach them how to mop the floors.** Kitchen, bathroom, anywhere! The kicker is, you need to let them to do. :)

**40. Put on a Fashion Show:** Kids love to dress-up, and this idea brings that love to the next level. Create a long runway out of tape or kraft paper and invite your fashionistas to perform their best walk while you pump the music. You can play the judge awarding points for style, creativity and their overall strut.

**41. Koo Koo Kangaroo** on youtube– lets face it, they may indulge in some tv time, this is a fun channel our kids love!

**42. Use your garage!** This may seem obvious... but move the cars out. And let them roam around with their bikes, scooters, and maybe even put them to work sweeping and cleaning it out!

**43. Create a homemade yogurt bar!** Cut up fruit, different types of granola, nuts, seeds, honey. Make your own yogurt parfait!

**44. Make Homemade smoothies** good [recipe here!](#)

