


# KEEPING KIDS ACTIVE AT HOME

## Inside Games for Younger Kids

- 
- Have a scavenger hunt
  - Play balloon volleyball
  - Freeze dance
  - Bean Bag Parade (on YouTube)
  - Act out animals — Slither like a snake, gallop like a horse, walk like a duck
  - Learn how to do a somersault
  - Activity Dice (see attached activity)
  - Hopscotch with painters tape
  - Act out your favorite book




## Wind Down Activities

- Read a book
- Play a board game
- Play a card game
- Create an art project
- Provide prompts for children to make up their own stories




## Things to do Outside

- 
- Go on a walk
  - Ride a bicycle or tricycle
  - Hopscotch
  - Draw a neighborhood with chalk for small cars
  - Nature Scavenger hunt
  - Plant a tree




## Inside Games for Older Kids

- 
- Mission Impossible Maze — using crepe paper or painters tape
  - Hallway bowling — using water bottles and a ball
  - Learn how to do a cartwheel or headstand
  - Bean bag Toss — using laundry baskets or make boxes on the floor with tape
  - Ping Pong Ball and Cup Toss — using a cup, toss a ping pong ball between 2 or more people
  - Obstacle Course — using household objects like pillows, stuffed animals, or chairs
  - Activity Dice (see attached activity)



## Things to do with a group of kids

- 
- Capture the flag (outside)
  - Duck — Duck — Goose
  - Follow the leader to music
  - Potato sack race using pillowcases

# Activity Dice

1. Print the dice below
2. Cut out dice and tape or glue together using the grey tabs
3. Roll both dice
4. Do the activity on dice # 2\* for the number of seconds shown on dice # 1
5. Have fun!

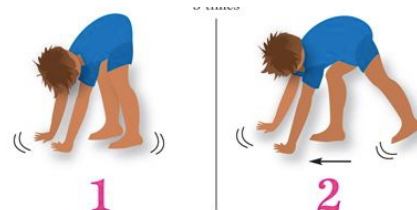
*\*Activities can be modified on dice #2*

**Bunny hop:** small, quick hops on 2 feet

## Crab Walk:



## Bear Crawl:



Dice # 1

**35 sec**

**20 sec**

**15 sec**

**60 sec**

**30 sec**

**45 sec**

Dice # 2

**Bunny  
Hop**

**Crab  
Walk**

**Bear  
Crawl on  
hands  
and feet**

**One Leg  
Flamingo  
Stand**

**Jumping  
Jacks**

**Frog  
Jumps**