Indoor Games & Activities

To Get Children Moving

GO ON AN ALPHABET SCAVENGER HUNT
Make a poster with the alphabet and have your child search for items that begin with each letter.

PLAY HOPSCOTCH IN A HALLWAY
Use any paper you have on hand (or cardboard) to cut out shapes. Use double-sided tape to place the shapes on the floor to begin your game of hopscotch.

CREATE AN OBSTACLE COURSE
Use items around your house (pillows, pool noodles, baskets, etc) to create a fun obstacle course.

PLAY THE FLOOR IS LAVA
Decide which furniture is ok to jump on and considered safe. Set a timer and the first person yells, "The floor is lava." All other players must get to the "safe" spot before the time runs out.

GO ON AN ANIMAL SAFARI
Draw or print different animal shapes and have your child color them in. Hide them around the house for your child to find.

PLAY I SPY CLEANUP
Set a time to put away as many items until the clock runs out. Call out an item for your child to race towards, grab, and put away!

PLAY A FLASHCARD HIDE AND SEEK
For younger children, hide flashcards of letters and numbers around the house. Have your child find the cards and tell you the letter or number they found. For older children, hide word or math fact flashcards and have them tell you the answer when they find them.

PLAY HIDE AND SEEK
One person counts and covers their eyes (no peeking!) for 20 seconds while everyone else finds a place to hide.

DANCE YOUR HEART OUT!
Have a group video call with friends and do a virtual dance party. Use tools like Skype or Zoom.

PLAY TWISTER
Dig up your old Twister game and teach your kids how to play. If you don't have one, cut out different color circles, tape them to your floor, and create a simple spinner.

PLAY FOLLOW THE LEADER
Have your family take turns being the leader. The leader gets in front of the line with everyone else behind them mimicking the leader's actions. Get creative with your movements! Wiggle your arms while walking, march, bunny hop, etc.

WRITE THE ROOM!
Hide sight words (letters, numbers, spelling words, etc.) around the room or house and have children find and record them using clipboards.

PLAY SIMON SAYS
A person named Simon is the leader and gives out commands. For example, "Simon Says run in place! Simon Says crawl like a bear." If Simon doesn't start the command with "Simon Says," the players to follow the command are out.

CREATE A SAFE PHYSICAL ACTIVITY SPACE
If you have an open space like a basement, take an old mattress and place it on the floor for gymnastics or wrestling.

PLAY RED LIGHT, GREEN LIGHT!
Choose a start and finish line. Have everyone line up against a wall. Red light means stop, and green light means go! One person will yell out either command as everyone races to the finish line.

DO A "DECK OF CARDS" WORKOUT!
Assign each shape a different exercise. For example, Hearts = running in place, Diamond = jumping jacks, Spades = push-ups, Clubs = sit-ups. Take turns flipping the cards and doing that number of the exercise.

PLAY CHARADES

On pieces of cut-up paper, write down phrases or words to act out. Take turns pulling a single paper out of a container and have fun acting out the description.

LEARN A DANCE ROUTINE

Create your own or find a tutorial for your favorite dance routine and practice.

PLAY MUSICAL CHAIRS

Place a couple of chairs back to back and turn on some fun music. Players move around the chairs and when the music stops, the last one not sitting in a chair is out.

PLAY BALLOON TOSS

Throw a balloon in the air and don't let it fall to the floor!

PLAY FREEZE DANCE

One person is the DJ and in control of the music. When the music starts, start dancing but watch out! As soon as the music is paused, freeze!

ONLINE RESOURCES

Cosmic Kids Yoga

GoNoodle

Adventure 2 Fitness

Just Dance Kids

Free live children's workouts

Kids Zumba

Kidzbop

Sport Supermovers