

55 Active at Home Activities

- 1. Activity stations:** skipping ropes, jumping jacks, getting multiple things from one place to another ie balls or bean bags, running with knees high, crawling through tape/rope, planking; alternate between high impact and low impact; set a timer then rotate through the stations
- 2. Explore** the backyard with a magnifying glass
- 3. Make up a story through the garden or house:** like *We're Going on a Bear Hunt*, journey, what do you see, what will you have to battle to overcome and complete your journey or mission?
- 4. Play catch:** throw a balloon, soft object such as a rolled up pair of socks or a light ball, then move on to a ball, start by standing close to your child and as they master the catch, move further away
- 5. Dancing:** put on your favourite music and boogie on down, use lights or decorations for ambiance and let your kids twist, macarena, floss, dance like their favourite animal or freestyle their way to fun, play freeze
- 6. Balloon volleyball:** blow up a balloon and hit it to each other
- 7. Bubbles:** chase them around the room or outside
- 8. Act out a book** around the house or in the backyard: could be a journey like *Alexander's Outing*
- 9. Choose a book:** every time a chosen word is said ie hat in *Cat in the Hat*, do 5 jumping jacks or a yoga pose
- 10. Play a board game:** every time a 5 is rolled, your child could run on the spot as fast as they can for the count of 6
- 11. Hallway soccer:** put masking tape on the floor or mark out goals and kick a soft/plastic ball
- 12. Unusual races:** have races with as many unusual moves as you can like crab, bear, backwards etc
- 13. Yoga Jenga:** use a pencil to write down a yoga move on each Jenga block, set up the tower and play the game, every time a block is pulled out every player has to do that specific yoga move, if the tower falls everyone do a plank for 30 seconds
- 14. Hula hoop:** see how long your child can keep the hula hoop around their waist, on their ankle, on their wrist, is there any other way they can use a hula hoop
- 15. Broom hockey:** use masking tape to set up goals in your hallway, divide into two teams with every player having a small broom, use a tennis ball as your hockey puck (put away breakables), the first to get to 10 points wins
- 16. Marble toe race:** find two large bowls, fill the first bowl with water and place some marbles inside, ask your child to pick up the marbles and place them in another bowl by using only their feet, the first one to get all the marbles in the bowl wins (you could do timed rounds if you only have enough for one to play), if you don't want to get your floor wet lay towels on the floor or skip the water entirely

17. **Set up a maze:** turn the hall into a 'laser' maze with yarn, zig-zag yarn from varying heights and challenge your kids to get across without touching the 'laser'
18. **Wii Fit:** challenge to beat each other's (or their own) score on the ski jump or hula hoop challenge, just dance, etc
19. **GoNoodle:** <https://www.gonoodle.com/>,
20. **Cosmic Kids Yoga:** <https://www.youtube.com/user/CosmicKidsYoga>
21. **Help with the gardening:** put on gloves and weed, sweep the path, care for their own mini garden, water the garden with a watering can, dig in the dirt to plant seeds
22. **Play with pets**
23. **Jobs around the house:** pick up toys, wipe up messes, put dirty clothes in the laundry, dust, wipe down front of oven, fridge or doors with wet wash cloth, fold washcloths, throw rubbish in the bin, dust baseboards, feed pets, set and clear the table, help match socks, put away groceries, make bed, clean room, fold small laundry items, put away clean knives and forks, sweep kitchen floor with small broom, clean off and wipe down coffee table, wipe down dirty walls, fold towels, use hand-held vacuum, disinfect doorknobs, water inside plants, empty small bins (be prepared for some mess and reteaching till they do things efficiently)
24. **Play tip**
25. **Animal walk:** inside or out, encourage your child to slither like a snake, hop like a frog, gallop like a horse or walk like a bear on all fours
26. **Keep the balloon up:** have your kids use their hands or half a pool noodle to keep a balloon afloat, how long can they keep it off the ground, count how many 'hits' and try and beat your score
27. **Puddle jumping:** throw on your kids' most waterproof gear and let them jump in, out and over puddles
28. **Wet sponge designs:** on a hot day gather up lots of sponges, provide a tub of water for endless resoaking and have your kids throw their sponges on a wall or on a cement surface to make designs, sponges can also be used to write letters, sight words or 'paint' walls
29. **Digging for treasure:** hide small toys like plastic dinosaurs, small cars or marbles in the sandpit or indoor sand table and let your child release their inner pirate as they search for booty
30. **Run away from the monster:** kids love a game of chase, especially with a parent or other adult they trust
31. **Simon says:** Simon can have kids jumping like a kangaroo, standing as tall as a house, making funny faces, standing on one foot or waving their hands over their heads
32. **Leaf play:** rake up leaves and let kids jump into piles, throw the leaves in the air and crunch the foliage in their hands
33. **Hopscotch:** inside use painters tape on the floor to pattern your own board and use buttons, rolled up socks or bean bags instead of rocks, outside use chalk to make a court and use rocks or the chalk itself as a marker

34. **Ball kicks:** use different types and sizes of balls, have your child see how far they can kick or play goalie in front of a wall or fence and see if your child can kick the ball past you
35. **Balance beam:** indoors use painters tape to make a straight line on the floor, encourage your child to walk forwards, backwards and sideways, outdoors use a plank of wood, a rope or make a line with chalk for the same activity, when your child masters a straight line, add semi-circles or zig-zags to add a bit more of a challenge
36. **Mini sticks:** pass a ball back and forth with your child or have them shoot at a target while teaching them to keep their (hockey) stick on the ice (floor) and to hold their stick with two hands
37. **Fill the bucket water game:** provide your child with a cup and two buckets (one smaller and one larger), place the smaller bucket a short distance from the larger bucket and fill the larger bucket with water, have your child scoop water from the larger bucket and fill the smaller one, to make the game more challenging, put small holes in the cup or have your child dance as they move from bucket to bucket
38. **Paper Airplanes:** there are so many ways to make paper airplanes at home, throw them inside or outside and see how high they can fly, how far they fly or if your child can throw them through an object such as a hula hoop
39. **Avoid the shark:** cover your living room floor (the shark-filled ocean) with foam floor tiles or towels (taped to the floor with painters tape) and have your child jump from one to the next without getting nabbed by a shark
40. **Bean bag toss:** have kids throw them into targets such as laundry baskets or hula hoops
41. **Egg and spoon:** give kids a spoon and have them balance a hard-boiled or plastic egg from one point to another either indoors or out, how quickly can they go, can they dance as they move
42. **Ribbon sticks:** tie a length of ribbon to the end of a stick or baton and watch as your kids dance and swirl their ribbons in the air
43. **Pillow walk:** set up a line of couch, throw or bed pillows on your floor and have your child walk from one end to the other
44. **Kick bowling:** switch up regular bowling inside or outside by having kids use different sizes of balls to kick down different objects such as empty bottles or rolls of paper towels
45. **Bean bag balance:** have your child place a bean bag (or small soft toy) on their head and walk from one point to another without dropping it, as they master the walk, move the points further apart or make the course a bit more challenging by adding zig zags or circles or objects around which they have to maneuver
46. **Bubble wrap jump:** purchase a roll of wrap and have your child jump and pop to their heart's content
47. **Helicopter:** turn a jump rope around in a circle low to the ground while your child hops over it without touching it
48. **Obstacle course:** indoors or out, let your imagination run wild as you set up an obstacle course for your child, have them crawl under tables, climb over chairs, jump over

ropes, hop from cone to cone, crawl through a cardboard box, jump through a line of hula hoops, throw a family of stuffed animals into a laundry basket, etc

49. **Music parade:** whether you have traditional instruments or pots and pans, celebrate a real or made up holiday
50. **Action songs:** sing together or find recordings of songs that have kids moving their bodies in different ways: Hokey Pokey, Shake My Sillies Out, I'm a Little Teapot, Zoom, Zoom, Zoom...
51. **Colour run:** on a driveway or footpath, draw circles or squares in four different areas and colour them with different colours of chalk, call out a colour and have your child run to that coloured area
52. **Door fringe:** hang a party fringe or streamers on a door frame and get your child to run, hop or dance through the fringe
53. **Beach ball blanket toss:** have two or four children hold the corners of a blanket (or towel), throw a beach ball onto the blanket and bounce the ball up and down
54. **Hide and seek:** kids can either hide themselves or objects such as their stuffed animals
55. **Limbo:** you could use objects like a pool noodle, broom or rope, use music for added fun

