



Active Activities

Indoor or Outside Fun



Musical Fun - Musical chairs, freeze dance, or 'silly' dancing are all great ways to keep your child moving and active. Try different tempos of music for varying experiences.



Balloon Games - Blow a few balloons up to play "keep off the floor", use as a ping pong ball with paper plates as the paddles or use paper towel tubes as a hockey stick to move the balloon around.



Bowling - This activity is a huge hit for the whole family and can be set up with a purchased set or with empty pop bottles. Try various sized balls or rolled up socks.



Colour Hunts - Get your child active through the whole house or yard by hunting for coloured popsicle sticks, lego cubes or crayons. Add a twist by dimming the lights and hunting with a flash light.



Obstacle Course - Set up chairs, ottomans, baskets or benches to climb over and crawl under. Let your child time themselves to see how fast they can go through the maze.



Laundry Baskets - This household item is a great tool to use for a basket ball hoop, basket ball net or target practice.



Bean Bags - Great tool to hide, toss in bowl, balance on head and walk a line, or to use for shuffle board. Set up a Skee Ball game using empty boxes for the target.



Indoor Skating - Tape off an indoor rink and create 'soft' skates using dryer sheets, waxed paper or kleenex boxes. Create decorated construction paper skates or place wool mittens on your child's feet.



Silly Races - Have your child run and dress up in different clothes - hat, oven mitts, apron etc. and race back. Put a twist on puzzle making by putting the pieces in while in the wheel barrow position or crab walk.



Red Light, Green Light, Purple Light? Put a spin on a classic and add different colours to the game - Purple Light/spin, Blue Light/touch the sky, Green Light/jump like a frog, etc.

