

# Indoor Physical Activity Ideas for Kids

**Activity helps children stay healthy and happy. These suggestions are useful during extended rain and snow periods when outdoor play is not possible. Television watching and use of computer or video games should be limited to 2 hours or less per day.**



- Use music for stepping, hopping, jumping in place.
- Have kids make up dances or share the latest popular or line dances.
- Play "keep the balloon up". Use one balloon per child or one balloon per small group. The group may add additional balloons as they gain control and awareness.
- Practice progressive relaxation, tensing each body segment and then relaxing in turn (head, neck, shoulders, right arm, right hand, left arm, left hand, etc.).
- Sitting exercise [sittercize]: do a variety of arm, leg, foot, and trunk exercises while remaining seated. [Use music]
- Play "fitness with the leader." This is "follow the leader," using exercises.
- Measure heart rates after various movements [hop, walk, jump, skip, etc.].
- Make up "hand jive" routines, share and teach to others.
- Try juggling, top spinning, or yo-yo contests.
- Sport mimics: act out sport movements such as batting, kicking, dribbling, throwing/catching, dunking, swimming various strokes, and volleyball passing/serving. Everyone is skillful without the equipment!!
- Collect milk jugs to fill with varied amounts of water to use as weights. "A pint's a pound the world around!"
- Make paper airplanes and see how far they can fly-but be sure they don't point them at other people!

Source: The National Association for Sport & Physical Fitness at [www.aahperd.org](http://www.aahperd.org) <<http://www.aahperd.org>>.

**For more information, Contact Foodlink's Nutritionist (585) 328-3380 x125**