

# Family Survival 101



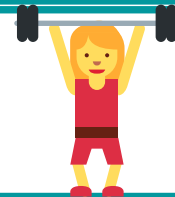
## Fun for Active Kids When They're Stuck Indoors

Without team sports, phys ed, and recess to release excess energy, many kids are literally climbing the walls at home. Here are some creative ways to use kinetic energy and practice large motor skills indoors when kids can't play outside.



**Obstacle course.** Create an course or sensory path using pillows, boxes, and cut outs. Build in hopping, bending, wall push-ups, crab walks, bear crawls, tunnels, and marching. Demonstrate how to do each activity.

**Heavy lifting.** Move furniture into new arrangements. Push or carry a filled laundry basket down the hall. Pull someone sitting on a blanket.



**Dance party!** Make up dances to imitate. Or try this variation on freeze dance: when the music stops, kids have 5 seconds to shape their body into an interesting pose.

**Bowling at home.** Roll a ball to knock down water bottles that are empty or partially filled with birdseed. OR, put a tennis ball in a pair of tights, put the tights on your head, and swing the ball to knock down water bottles.



**Indoor baseball.** To avoid destroying the house, use a balloon for the ball, paper towel tubes for bats, and pillows for the bases.

**Silly walk.** A couple of days a week, make it a rule that kids must skip, march, or walk backwards whenever moving through the house. Who can invent the silliest walk?

