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 A 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

I'M BORED...

Things I Can Do By Myself

- Read or listen to a book
- Journal
- Make a fort
- Listen to a podcast
- Create an “All About Me” board
- Color
- Write a letter or draw a picture to mail to someone
- Draw or paint pictures and host an art show
- Make bead or foil jewelry
- Make clay sculptures
- Create leaf rubbing art
- Learn a magic trick
- Create a spaceship out of a cardboard box
- Create paper dolls and houses for them
- Put together a puzzle
- Create a city with blocks
- Create an imaginary creature and write its story
- Paint
- Write and illustrate a book
- Do a photoshoot for my stuffed animals
- Act out commercials
- Play with toys and figurines
- Make clothes for my dolls and toys out of scrap fabric
- Play Cat's Cradle
- Write a letter to my penpal
- Go on an alphabet scavenger hunt
- Create shadow art
- Make my own magazine
- Make paper flowers or snowflakes
- Create affirmation or kindness rocks
- Build with LEGO bricks
- Play Mad Libs and word searches
- Learn to juggle
- Make a Rube Goldberg machine with household items

I'M BORED...

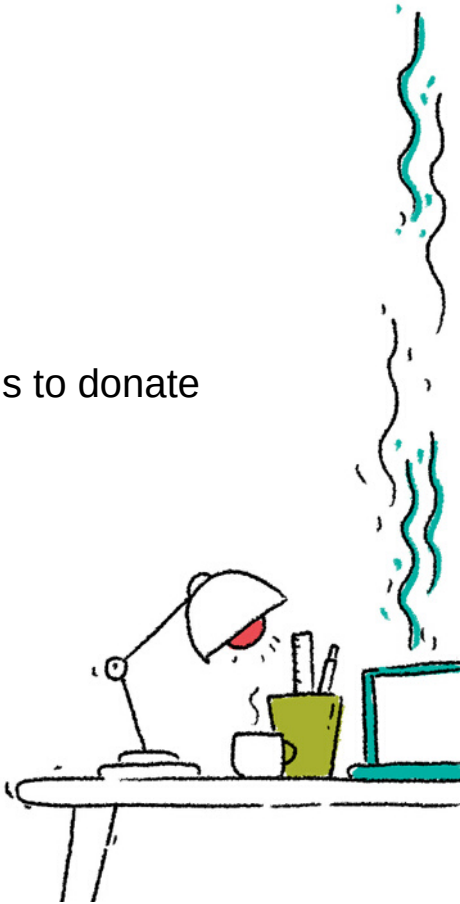
Things I Can Do With A Sibling

- Play hide and seek
- Have a figure skating competition in our kitchen
- Journal together
- Create our own magazine
- Play dress up
- Play a board game
- Make up silly songs
- Create art and hold an art show
- Create a play to perform for our family
- Play school
- Read to each other
- Use socks as puppets and have our own puppet show
- Make paper airplanes and see which one can fly the farthest
- Play I Spy
- Make up a secret language
- Create an indoor "camp out"
- Host a radio show
- Play store
- Build a house with cards
- Play library
- Draw cartoons or comic strips
- Play superheroes
- Make up a funny skit
- Play a card game
- Play the ABC game. Pick a theme (animals, food, etc) and take turns naming an item that starts with that letter
- Use items in our house (pots, pans, boxes, etc) to make our own instruments
- Play charades
- Create a blanket fort under the dining room table or on our beds
- Play Simon Says
- Design a board game
- Sing karaoke
- Do a science experiment
- Put on a shadow puppet show using a flashlight

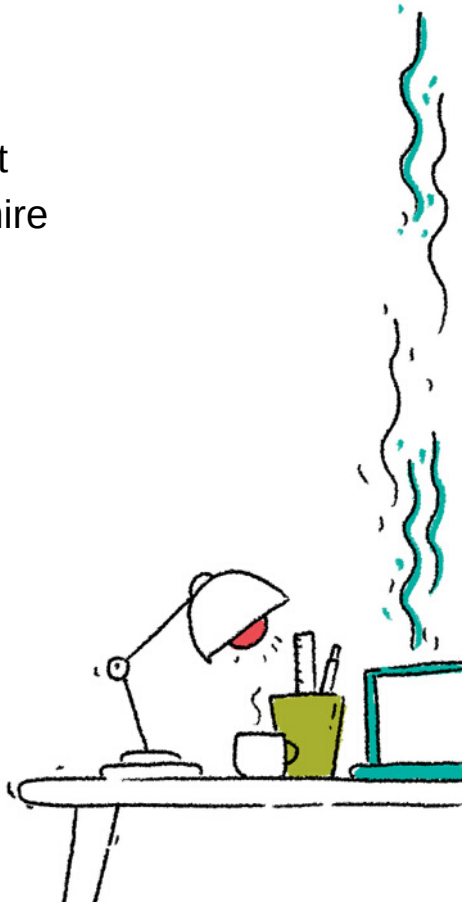
THINGS I CAN DO

Indoor Activities for Teens

- Learn a new skill (coding, origami, animation, instrument, etc.)
- Learn a new language
- Learn magic tricks
- Replicate famous art
- Paint or draw a self-portrait
- Draw cartoons or comic strips
- Publish a newspaper or magazine
- Write or draw a letter or an email to a penpal or relative
- Video chat with a friend
- Make friendship bracelets
- Do a puzzle
- Solve a crossword or Sudoku puzzle
- Play Solitaire
- Journal
- Write and illustrate a short story
- Write a play
- Write and direct a short film
- Write a song or a poem
- Make a music video
- Fix something that's broken
- Clean out my closet and put together a bag of items to donate
- Redecorate or organize my bedroom
- Host a fashion show in my room
- Research my family tree
- Look through photo albums
- Create a video using family videos and photos



- Put together a time capsule
- Make tissue flower bouquets
- Make paper beads from magazines
- Create dough art
- Make pressed flower cards
- Crochet or cross stitch
- Create a collage
- Collect quotes that inspire me
- Cook a new recipe
- Bake a treat
- Start a blog
- Start an Instagram page for my pet
- Create a vision or dream board
- Make a bucket list
- Design my dream house
- Plan my dream trip
- Research a country I'd like to travel to
- Take virtual museum tours
- Take an online class
- Watch a documentary
- Learn about constellations and locate them at night
- Research and create a video about a person I admire
- Design a board game
- Make a list of my business ideas
- Start a business
- Build a website
- Learn to dance following a Youtube video
- Take an online exercise class
- Do yoga



THINGS I CAN DO

WITH A SIBLING

Indoor Activities for Teens

- Play a board game
- Cook or bake together
- Read to each other
- Hold an art show
- Make up a play to perform for our family
- Journal together
- Take silly selfies
- Paint pictures or affirmations on rocks
- Go on an indoor scavenger hunt
- Build a volcano out of paper māché
- Create a board game
- Play balloon volleyball
- Have a Jenga tournament
- Sing karaoke
- Make a movie
- Make a music video
- Write and direct a short film
- Play a card game or learn a new one
- Play charades
- Exercise
- Cook a new meal
- Have a spa day
- Design a board game
- Do a science experiment

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My DAILY LEARNING PROJECTS

DATE ___ /___ /___ M T W TH F

TIME	TO DO	DONE
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		☐
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One great thing that happened today

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STAY-AT-HOME RESOURCES

MOVIES, BOOKS, VIDEOS, PODCASTS

Top 30 Children's Books About Resilience

Top 85 Growth Mindset Books for Children and Adults

Top 30 Kindness and Friendship Movies for Families

Top 75 Growth Mindset Movies for Children

Top 40 YouTube Channels for Growth Mindset, Creativity, and Kindness

Top 70 Growth Mindset Television Shows

Top 40 Growth Mindset Podcasts for Kids, Teens, and Parents

Top 35 Parenting Podcasts

Top 50 Mindfulness Resources for Children & Teens

80 Songs that Inspire a Growth Mindset

OTHER RESOURCES

7 Keys to Managing Sibling Rivalry

Top Growth Mindset Resources for Parents and Educators

4 Steps to a Successful Family Meeting

41 Family Rituals that Teach Responsibility, Kindness, and Compassion

45 Growth Mindset Mantras

How to Empower Children When They Struggle

7 Ways to Help Kids Deal with Big Life Changes

How to Connect with Your Child Using Love Languages

5 Ways to Deal with Frustrations as a Parent

15 Tips to Build Confidence & Self-Esteem in Teens

5 Essential Steps to Create a Growth Mindset Corner

5 Essential Steps to Help Children Cope with Stress

9 Activities to Build Grit and Resilience in Children