

Cabin Fever?

Are you looking for something active to do inside the house because the kids need to burn off energy?

Look around for ordinary household things to create activities, promote movement and imagination. For example:

Blankets/sheets--make a fort, pull your sibling around the house, or pull your stuffed animals

Tape/String/washcloths—hopscotch, balance beam

Laundry baskets—target practice, push heavier objects across the floor, climb in and out

Books—act out characters or animals in a book like “We Are Going on A Bear Hunt”

Music—dance, freeze game

Socks—relays with matching, tossing and catching, “hot potato”

Paper plates—pretend to ice skate

Pillows/Couch cushions—balance, use them as stepping stones to cross the room

Balloons—play catch; see how many times you can hit them in the air

Tupperware—build a city, knock them over with a ball or rolled sock

Make an obstacle for your child to climb on/in/out/over/under.....

Be creative!