Play Inside During Winter

Try these fun indoor ideas:

**BOREDOM BUSTERS:** Write fun ways to get active on notecards, when boredom hits, choose a card and MOVE!

**OBSTACLE COURSE:** Use objects around the house to create your course. Get creative with stepping stones that go over, under, push, pull, weave, etc.

**SCAVENGER HUNT:** Write down 25 things for kids to gather and do. Create the order so they have to go up and down stairs and in and out of different rooms.

**MINUTE MADNESS:** Create two even sides of the room, place balled up pairs of socks (or any variety of soft objects) on each side, and set a timer for one minute. Your goal is to keep your side clean and get all of the socks/objects to the opponents side (repeat as many times as you want)!

**CREATE YOUR OWN CIRCUIT:** Write various exercises (jumping jacks, push ups, sit ups, etc.) on cards and place them around the room for stations. Use a free interval timer and set for 30 seconds of work, 30 seconds rest and move from station to station.

**INDOOR SNOWSTORM:** Scatter several bags of cotton balls all over the room. Have kids gather them as fast as possible and toss into a laundry basket. When all are collected, tip it over for a snowstorm.

**FUN WITH BALLOONS:** Play balloon volleyball or don’t let the balloon touch the floor—add more balloons for more of a challenge.

**MOVE IT!** Get up and move during TV commercials or while playing a board game.

**DANCE PARTY!** Turn up the music and dance!

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**Active Screen Time:**

**Kid Favorites on YouTube**

- Cosmic Kids Yoga
- Go Noodle!
- Healthy Hip Hop
- KidzBop Dance!
- SpiderFIT KIDS

**Caregiver Corner! Brain Breaks!**

For virtual/remote learners: Set a timer for 45 minutes, when the timer goes off, get up and move for 10 minutes (repeat for the whole day of sitting).

**Ohio AAP PMP Mobile App**

| Search Parenting at Meal and Playtime on Apple Store or Google Play |

**App Highlights...**

- Physician-endorsed materials for parents to access on-demand
- Resources for parents organized by age
- Text reminders sent monthly and/or for age milestones
- Easy sign-up
- Videos on feeding, play, nutrition and more

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These handouts are the property of the Ohio Chapter, American Academy of Pediatrics and the Ohio Department of Health and may not be altered without express permission.

http://ohioaap.org/projects/PMP
Scavenger Hunt

- Touch 2 tissue boxes.
- Get in and out of bed (with covers) 5 times.
- Touch your mailbox.
- Grab a spoon from the kitchen and bring it back to a designated home base.
- Point to a healthy snack in the refrigerator, like fruit or vegetables.
- Touch every doorknob in the house as fast as you can.
- Find a food in your pantry that is healthy and bring it to home base.
- Find 3 red things in your house, bring them to home base.
- Find 3 different soft items like a bath towel, bed sheet and t-shirt, bring them back to home base.
- Grab the remote control and bring it to home base.
- Touch 2 soap containers or bars.
- Grab your pillow and bring it to home base.
- Touch your tube of toothpaste: brush your teeth!
- Find any book or magazine and bring back to home base.
- Touch your hairbrush, comb, or styling product.
- Find a roll of toilet paper and bring it to home base.
- Grab a sweatshirt/hoodie and put it on.
- Touch a clock.
- Find a pair of socks and put them on.
- Get a plastic cup and bring it back to home base.
- Touch a phone.
- Touch 3 light switches.
- Touch a window.
- Find a picture, poster, or wall art with the color blue in it and point to it.
- Bring a stuffed animal back to home base.
- Grab a trash bag and hop in it back to home base.
- Touch the laundry detergent.
- Touch a plant (real or fake).
- Give someone in your house a hug.
- Run into every room in the house and spin around twice.
- Sit down in 3 different chairs.
- Walk around the kitchen table.
- Find a ball and bring it back to home base.
- Touch a canned food item in your pantry.
- Grab a towel from the kitchen and bring it back home base.
- Point to 2 trash cans in your house.
- Find a hat and put it on, go out and ring the doorbell or knock 3 times.
- Find gloves or mittens and put them on.
- Touch your shampoo bottle.
- Touch the kitchen sink.

Remember to put everything back when you finish! Make it shorter or longer! Substitute your own ideas!