



# **STUCK INSIDE?**

## **CHECK OUT THESE FUN INDOOR**

### **ACTIVITIES!**

Worried about your kids spending all this time at home stuck with nothing to do? Here is a collection of activities to try!

Have an idea to add? Email [parkandrec@wclnj.com](mailto:parkandrec@wclnj.com) and we'll add it to the list!

#### **Staff and Resident Submitted:**

- **Wastepaper Shootout**
  - o Have some paper that needs to be recycled? Crumple them up to make mini- basketballs. Give each kid (and adult!) their own waste basket and have your own 3- point competition! Go for one-minute rounds and play music to make it more fun.
  
- **Hand Soccer**
  - o Find a 3-4 inch stress ball, use couch cushions to make boundaries and goals, players play on hands and knees, and you can only move the ball by hitting it with your hand! (tip: remove fragile objects including picture frames from the room...)
  
- **Learn a Dance**
  - o Go to YouTube, find a popular dance and learn it as a family.
  
- **Indoor Treasure Hunt**
  - o Hide things around the house, make a map and have your children try to locate everything
  
- **Plastic Bottle Bowling**
  - o Use a tennis ball and empty bottles to make a bowling lane.
  - o

- **Tornado in a Jar**
  - Using a clear, round bottle or jar, have the kids fill it with water and dish soap. Then let them shake it to make a tornado.
  
- **Revive the art of pan popcorn**
  - If your kids think of popcorn as something that comes out of a little bag in the vending machine, a rainy day can be the perfect time to enlighten them. Score some [organic or heirloom kernels](#) and learn to make popcorn in a pan on the stove, like your not-so-distant ancestors did.
  
- **Play some indoor games**
  - Burn some energy and shake off the blues with some active games. Okay, they won't exactly get your heart racing, but they beat all-day napping. These indoor games from [www.Parents.com](#) fit the bill:
    - With six small, empty water bottles and a tennis ball, you can turn the hall or family room into a bowling alley. If the "pins" topple too quickly, weight them down with a little dry pasta.
    - Make a hopscotch pattern or mock balance beam with masking tape on the living room floor.
    - Play slow motion tag with toddlers. Baywatch speed is about right.
  
- **Turn your day upside down**
  - If the family needs to get out of an at-home rut, try turning your whole schedule around. Preschoolers and preteens alike will enjoy putting on pajamas and reading bedtime stories to start the morning and you can continue the theme with dinner for breakfast, video games in the morning (before chores are done) and so forth. Don't forget to change into whatever clothes you usually wear at given times on the "upside down" schedule. And if you need flashlights because you're doing the usual daytime stuff later at night, all the better.

- **Make a family time capsule**
  - o If your elementary school age kids are the type that just soak up family stories, encourage their interest with a family time capsule project on a rainy day. Capture this point in family history with a few mementos in a sturdy box. [www.thriftyfun.com](http://www.thriftyfun.com) has more explicit directions.
  
- **Pile up a pillow fort**
  - o Parents may think this is too old school, but the enthusiasm from your young kids and even preteens will make the whole idea new again. The PacificCoast blog has instructions for what may or may not be the "[Best Pillow Fort of All Time,](#)" but you can improvise. Make sure to do the right thing and pack a picnic lunch and flashlights for the precious hours before the fort comes back down.
  - o
  
- **See what animal families are doing today**
  - o If you're the sort of parent who can't resist making day at home a little educational, consider tuning in to some zoo or conservation lands livestreams to view animal families from the cozy comfort of home. Consider the time zones where these animal cams are to see who might be most active and then check 'em out. A few good ones to start: the [Smithsonian's National Zoo](#), the lion, giant panda and elephant cams at the [National Zoo](#) in Washington, D.C., and the [penguin cam](#) at the Taronga Conservation Society in Australia.

**Source:** The Cut, by Jen Gann (<https://www.thecut.com/article/indoor-activities-for-kids.html>)

- **Arts and Crafts**
  - o Coloring and drawing
  - o \$1 art kits from places like Target
  - o Play-Doh
  - o Concoct Potions (mix all your old unused beauty products together and see what happens!)

- **Physical Activities**

- Dance Party
- Simulate Outdoor Scenes (make a fort in the living room, play rainy sounds because it's a rainy campground)
- Jumping Jacks
- Take advantage of your outdoor space
  - Even opening a window and making up stories about what you see out there
- Air-mattress trampoline

- **Games**

- Stacking toys (Magna-Tiles, Blocks, etc.)
- Workbooks and puzzles
- Variations of *Uno*
  - Change up the rules for some of the cards to make the game interesting and unique

- **Food**

- Baking
- Snacks in shapes
  - Use cookie cutters for more than cookies (sandwiches, cheese, etc.)