



The _____ Family Exercise Guide



Stay Active! Keep Busy!

<i>In the Garden</i>	<i>In the House</i>	<i>With Wi-Fi</i>
Hop Scotch	Musical Statues	Go Noodle
Skipping	Balloon Volleyball	<u>Youtube:</u> Cosmos Kids Yoga
Hide & Seek	Follow the Leader	<u>Youtube:</u> Move to Learn
Tag/Touch	Simon Says	<u>Youtube:</u> Dance Sweat Live
Obstacle Course	Find 5 Things Beginning with...	<u>Youtube:</u> The Learning Station
Crab Football	Find 5 Things you Cook with...	<u>Youtube:</u> Just Dance
Races	Create a Challenge Jar with Paper Slips	Change 4 Life: 10 Minute Shake Up Game
Plant some seeds and look after them	Build a Fort	<u>Youtube:</u> Have Fun Teaching
Build a Den	Balancing	<u>Youtube:</u> Debbie Doo

Can you think of any of your own ideas? List or draw them below:

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- Headstands:** A great activity for your core muscles and to get blood going to the brain. Kids are often naturals.
- Skipping.**
- Obstacle course:** Create a course or take chalk and make a course outside. Add in specific mental or physical challenges to keep them guessing.
- Wheelbarrow, crab, and bear-walk races:** Holding one of these tough positions gives you a real workout.
- Animal races:** Hop like a bunny or frog; squat and waddle like a duck; and so on.
- Balloon ball:** There are endless ways to play with balloons indoors. Try to keep it off the ground or just play catch. Mix it up with balloon tennis!
- Follow the leader:** Add to the workout with energetic movements such as jumping, stomping, and squatting.
- Dance party:** Turn on the music and dance.
- Freeze dance:** When the music stops, freeze in your pose and hold it until the music begins again.
- Scavenger hunt:** Write up clues and hide them around the apartment. Kids can race to find each clue for a small prize at the end.
- Jumping jacks:** Simple but good for coordination and they get your heart going. When my kids can't sleep, I have them do 25 to tire out.
- Parachute:** This kiddie gym standby can be re-created at home with sheets. Each kid takes an end of the parachute or sheet and fans it upward while one of you runs underneath.
- Bubble wrap attack:** If you get bubble wrap, jump on it until it's all popped.
- Clean-up race:** Set a timer or put on a song to see who can tidy the room the fastest.
- Tickle tag:** Chase your children. When you catch them, it's tickle time.
- Carnival:** Set up carnival games such as "Knock Down the Milk Cartons" (we used Tupperware).
- Hallway bowling:** Fill up water bottles and use any ball you have.
- Hopscotch:** Use chalk or tape to make a game on your floor or outside your building.
- Pillow fight:** No explanation needed.
- Bubble bashing:** Blow bubbles and let your child try to smash them.
- Popcorn pushups:** Put a small bowl of popcorn on the floor. Lower yourself down and stick out your tongue to get a piece of popcorn with each thrust.