

TOO COLD TO GO OUTSIDE? Get moving indoors instead!

Winter games & activities for kids and families



1. Do yoga with a DVD from the public library or online.
2. Jump rope—pick up a book of jump rope rhymes!
3. Balloon ball—try to keep it off the ground or play catch!
4. Animal races—hop like a bunny or waddle like a duck!
5. Follow the leader—jump and stomp.
6. Obstacle course—use couch cushions and chairs in your living room.
7. Dance party or Freeze dance.
8. Hopscotch—use masking tape on the carpet.
9. Hallway bowling—fill up water bottles and use any ball you have.
10. Tickle tag—chase the kids around and when you catch them, it's tickle time!
11. Play a game of charades.
12. Turn on the video games—Wii fit or Just Dance!
13. Have a pillow fight.
14. Go old school with wheelbarrow races, pillow sack races, and crab-walk races.