

Rainy Day Activities

Can't get outside? Pick from this list of indoor activities to help you reach your Physical Activity goal every day...even on rainy days!

Make an indoor **obstacle course** or fort out of furniture, blankets, pillows, and cushions.

Ideas for obstacle course:

Jump into a pile of pillows

Scoot on the kitchen floor

Jump rope 10 times in a row

Crawl/bend backwards underneath an elevated broom



Skip around toys

Run/crawl up a staircase

Do a somersault

Make a hopscotch course

Indoor **scavenger hunt** - Take turns hiding & finding. Set a time limit and move quickly!

Play an **active game!** Hide-and-seek, Simon Says, Twister, Balloon/Beach Ball Volleyball

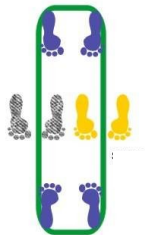
March around the house! Pretend to be in a marching band playing different instruments.

Circuit training - Create a routine using the following exercises: sit-ups, jumping jacks, wall push-ups, toe touches, knee lifts, side bends, stretching, invisible jump rope.

Exercise videos/DVDs



Chinese Jump Rope - Have 2 players hold a rope around their legs, creating a long rectangle. The 3rd player jumps in & out with one or both feet on different sides of the rectangle. If you have 1 or 2 players, place the rope around the legs of two chairs to create the rectangle.



Dance Party/Freeze Dance - A fun way to exercise is to have a dance party. Clear a space where you have room to move around easily, put on some music, and dance by yourself or with family and friends. Make up your own dance moves if you want. A variation you can play with your friends is freeze dance: when the music stops, you have to freeze in place. Play the music and stop it at random. See who can be the most still or freeze the fastest!



Red Light, Green Light - Stand 15 giant steps away from a partner, facing each other. When you say Green light, your partner can run towards you, but when you say Red light, he has to freeze in place. You can also choose fun ways for him to walk to you, like hopping, skipping, or pretending to be an airplane or bird. To add another twist, you can also call out Yellow light, which means he has to walk or move in slow motion.



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Sports Moves - act out the following sports moves; do each for at least 10 seconds before moving on to the next; then repeat!

Shooting a jump shot
Running through tires
Batting a baseball
Serving a tennis ball
Spiking a volleyball

Throwing a football
Dunking a basketball
Swimming underwater
Shooting a hockey puck
Fielding a ground ball and throwing it to first base

Shooting an arrow
Juggling a soccer ball
Swinging a golf club
Downhill skiing



As if - act out the following movements for at least 10 seconds before moving on to the next; then repeat! (Adapted from <http://www.ncpe4me.com/energizers.html>)

Jog in place **as if** a big scary bear is chasing you
Walk forward **as if** you're walking through chocolate pudding
Jump in place **as if** you are popcorn popping
Reach up **as if** grabbing balloons out of the air
March in place and play the drums **as if** you are in a marching band
Paint **as if** the paint brush is attached to your head
Swim **as if** you are in a giant pool of Jell-O
Move your feet on the floor **as if** you are ice skating
Shake your body **as if** you are a wet dog

Indoor Olympics - Set up an Olympic challenge for yourself using things in your house. *Hand and Knees Crawl* - Set up a finish line at the other end of the room with pillows or tape and see how fast you can crawl to it. *Crab Walk* - Set up a finish line at the other end of the room with pillows or tape. Get on your hands and feet like a crab (with your stomach facing the ceiling) and see how long it takes you to crawl to the finish line. *Long Jump* - Stand on the first stair up from the ground. Jump. Try it from two steps up, then three. *World-Class Can Lifting* - Pick the largest cans in your pantry and use them as dumbbells. See how many times you can do curls with them. Try it in a row on the same arm or alternate back and forth.

Mall Laps - To be active indoors but outside of your house, walk laps inside your local mall.

Limit screen time (TV, computer, video games) to less than 2 hours per day - If you do watch TV, participate in active commercial breaks - choose an activity from this handout and do it during commercials.