

SUMMER FUN!
INDOOR PHYSICAL ACTIVITIES

Scavenger Hunt:

Scavenger Hunt: Use the Scavenger Hunt Printables to send your kids on a fun hunt around the house collecting various items. You can also write or draw your own list that they need to find. Make it fun by including specific things like “your favorite bath toy” or “a pink sock” to more general categories like “something that begins with the letter T”. And yes, set that timer!

Scavenger hunt printables can be downloaded from:

- <https://www.aboutamom.com/wp-content/uploads/2020/04/Whats-In-My-Room-Scavenger-Hunt-Printable.pdf>
- <https://www.aboutamom.com/wp-content/uploads/2020/03/Indoor-Scavenger-Hunt-Printable-About-A-Mom.pdf>
- <https://www.aboutamom.com/wp-content/uploads/2016/04/Spring-Scavenger-Hunt.pdf>

FlashLight Scavenger Hunt: If you have a room that can get sufficiently dark by turning off the lights and closing the blinds, send your kids on a Flash Light Scavenger Hunt where they have to find certain hidden items in the dark using a flashlight. Kids go crazy for this one!

Jump, jump, jump! <https://handsonaswegrow.com/jumping-activities-kids/>

Children need physical activities such as jumping to help meet their sensory needs; to be calmer. Some more than others.

Bubble wrap runway: <https://handsonaswegrow.com/bubble-runway-popping/>

Items needed:

- Bubble wrap
- Painters tape

How to make:

- Tape some bubble wrap onto the floor for a fun runway.
- The kids then need to run and jump to pop the bubbles. They can even try popping it with their fingers.



Sight word/shape/colour jump: <https://handsonaswegrow.com/sight-word-jump-grab/>
<https://handsonaswegrow.com/jump-grab-shapes/>

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Items needed:

- Pieces of paper and pen
- String
- Tape

How to make:

- Write sight words on pieces of paper.
- You can also do the same with drawing colours, numbers or letters. Also try to jump and catch two matching shapes or numbers.
- Tape the string onto the piece of paper.
- Tape the top of the string onto the top of a door frame.
- It should be loose enough to easily pull off, when caught.
- The game is: when you call out the words (letter/number/colour/picture) the child jumps up to grab the correct one.



Pillow Runway: <https://handsonaswegrow.com/gross-motor-activity-walking-pillows/>

Items needed: As many pillows as you have

How to make:

- Line up all the pillows in a row.
- The game is to crawl, walk, run or even jump (if safe to do so) along the pillows from one end to the other.
- Another idea: spread the pillows apart and then pretend to jump from island to island.



Arrow jumping: <https://www.andnextcomesl.com/2015/11/arrow-jumping-game.html>

Items needed: Arrow jumping printable (attached). If you do not have a printer, then draw the arrows on paper. Cut out the arrows on the printable.

How to Play:

- Using the first page of the free printable, the kids would take turns arranging the arrows in different patterns. This allows the kids to have some control over the game and offers predictability since they can see what direction is coming next. They need to jump the directions of the arrows. Can they shout out the directions while doing.



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- Another idea: You can also use one arrow (second page) to indicate the direction, turning it each time it's jumped to change the direction.
- Other ideas: Try the arrow jumping game on a trampoline using the large arrow.
- Time how fast you can jump the arrow jumping patterns.
- Instead of jumping, stretch your arms up, down, left, and right.
- Set out four pillows around your body (one for each direction) and jump on the pillow that matches the direction of the arrow.
- Set out four buckets around your body (one for each direction) and throw a ball or beanbag into the bucket that matches the direction of the arrow.
- Hold a large exercise ball in your hands and point the ball in the direction of the arrow.
- Try the arrow jumping game while hopping on a hopper ball.

Roll and move dice:

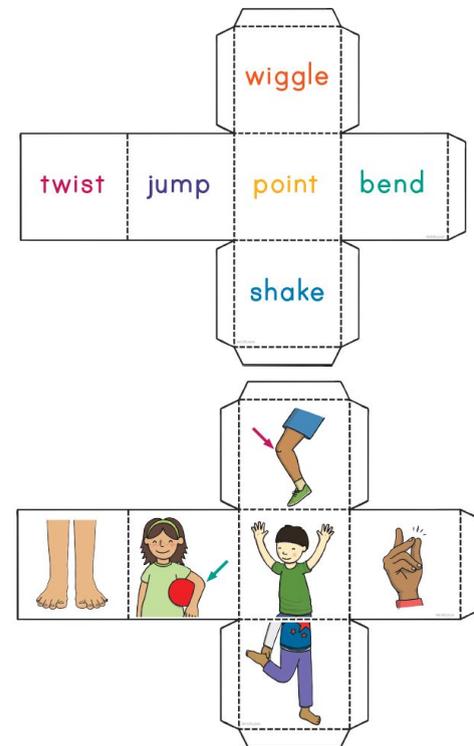
<https://www.twinkl.co.uk/resource/us-a-195-roll-and-move-gross-motor-activity>

Items needed:

- Roll and Move Dice printable
- Scissors
- Sellotape

How to make:

- Print off the Roll and move dice printable (page 2 & 3)
- Cut out the two dice, fold and tape to secure.
- The children take turns rolling the dice.
- Perform the actions as the dice fall.



Other fun activity dice can be found:

<https://lifeovercs.com/lego-super-hero-action-game/>

<https://theinspirationboard.com/get-the-kids-moving-game/>

https://www.playdoughtoplato.com/action-dice/#_a5y_p=4582339

<https://www.pinkcoatmeal.com/gross-motor-dice/>

<https://lifeovercs.com/insect-movement-gross-motor-activity/>

<https://lifeovercs.com/moving-body-gross-motor-game/>

<http://www.3dinosaurs.com/wordpress/index.php/winter-gross-motor-dice/>

<http://twitchetts.com/2015/08/activity-dice.html/>

<https://www.icanteachmychild.com/gross-motor-action-dice/>

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Jumping

with

lines:

<https://handsonaswegrow.com/5-different-activities-for-6-lines-of-tape/>

Items needed:

- Tape (e.g. masking tape or painters tape - first test a small section on the floor, to make sure it does not damage your floor)

How to make:

- Use painter's tape to make six lines of tape about a foot (1 cm) apart from each other.



How to play:

- Activity 1: Jumping from the first line and seeing how far they could jump. You can also jump from line to line or skipping over a line.
- Activity 2: Same as activity 1, but jump backward.
- Activity 3: Jumped on one foot; you might need to hold their hand initially.
- Activity 4: How far can you stretch? Starting with your foot on the first line, see how far you can stretch with your other foot while keeping your first foot in place.
- Activity 5: How long are you? Measure yourself! Lay down and see how long you are.

Tape games:

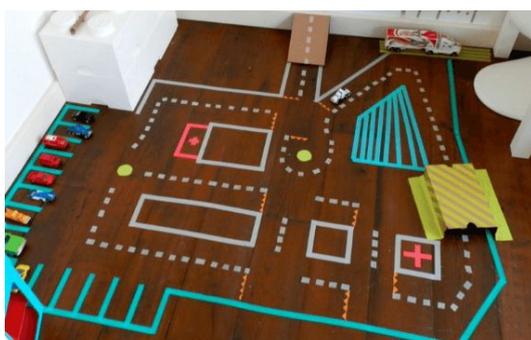
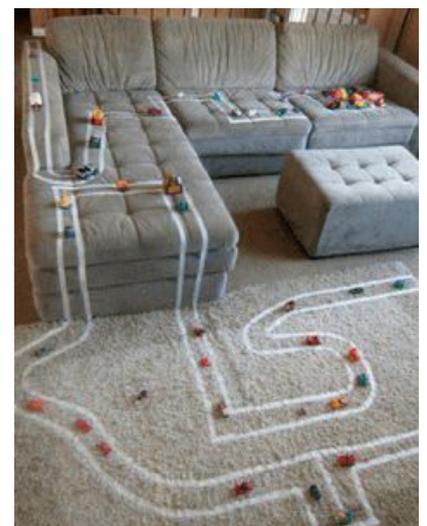
Create a Race-Car Track:

Items needed:

- Painter's/masking tape

How to make:

- Use the tape to make a huge road system for your kids' cars. Think outside the box and have the track scale furniture and other obstacles (just make sure it's something you don't mind toy vehicles being "driven" over). The key to making it active is to make it large-scale, so they are engaging their core muscles while crawling all over.
- See pictures for some ideas:



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Sticky spider web: <https://handsonaswegrow.com/spider-web-halloween/>

Materials needed:

- Painters tape or masking tape
- Scrap paper

Steps to make:

- Decide on the ideal space to place this. Take into account any risks e.g. furniture in the area, which the child can hurt themselves on. Remove any of these.
- Make it to the top half of the doorway, as the children would try to run through it and tear it down, if it is too low.
- Make a 'spider web' with the tape, by putting a few strands of tape from one side of the doorframe to the other side. Then from top of the doorframe to the bottom of the lowest vertical tape.
- Let your child crunch up pieces of newspaper into balls.
- They then need to throw the balls towards the spider web and see how many will be stuck to the web. (Make sure they throw towards the sticky side of the tape.)



Balloon Fun! <https://handsonaswegrow.com/28-ways-to-play-with-balloons/>

Balloon play:

Items needed: Balloons

How to make:

- Activity 1: Don't Let The Balloon Touch The Ground: This is the classic game that kids fall for every time. The rules are simple – hit the balloon up in the air but don't let it touch the ground. To make it more challenging for older kids, have them juggle more than 1 balloon, or tie one hand behind their back.
- Activity 2: Penguin Waddle: Place a balloon between your child's knees and have them waddle across the room without dropping it. Make it more challenging for older kids by having them go around a few obstacles. If they drop it, they have to go back to the start.



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- Activity 3: Balloon Taps: Hang a balloon by a string from your doorway so it is a few inches higher than your child's arm reach. Then challenge them to try and tap it with their hand. Count how many they can do in a row without missing (this gets tiring very quickly!). Up the ante by seeing if they can jump and touch the balloon with the top of their head!
- Activity 4: Balloon Blow: Set up a "course" and see if your child can blow a balloon all the way to the finish line. They'll have to do lots of army crawls working their upper body and core strength along the way.
- Activity 5: Backhand Balloon Balance: Challenge your kids to balance a balloon on the back of their hand, and see how long they can do it before it falls to the ground.
- Activity 6: Balloon Paddle Ball: Use a fly swatter, tennis/badminton racket or make your own paddle using a paper plate and over-sized popsicle stick, then use it to play the games above.
- Activity 7: Balloon Foot Balance: For a real challenge, have your kids lie on the ground with their legs up in the air and try and balance the balloon on their feet. It's not an easy task and requires a lot of concentration.
- Activity 8: Balloon Volleyball: Make a "net" by tying a piece of string between 2 chairs and then have your child hit the balloon back and forth by running from one side to the other, trying to keep it off the floor. If you have 2 or more kids, have them hit it over the net as many times as they can without it falling.



Activity course with balloons:

<https://handsonaswegrow.com/activity-course-with-balloons/>

Items needed:

- Kids foam mat squares as activity spots. If you do not have these, you can also use other small mats or even empty pillow cases.
- Any other items such as sturdy table to crawl under, or kids tunnel.
- Balloons
- String and masking tape

3 Rules to our Activity Course:

1. Stay on the mat at all times.
2. Transfer the balloons from the beginning of the course to the end.



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3. Do the activities on the course.

How to Make:

- Set up your activity course, e.g.
- Activity spot 1: Hang 3 balloons with strings from a door frame. Using string and tape. The child jumps up and hits each of the balloons. They can use the balloon in their hand to also hit the balloons.
- Activity spot 2: Hold onto your balloon and jump 3 times!
- Activity spot 3: Walk along a path (made from bubble wrap, foam blocks or even pillows) and spin 3 times at the end.
- Activity spot 4: The Tunnel - you can use a kids tunnel or even crawling under a table as a 'tunnel'. You can experiment with pushing, kicking and hauling the balloons throughout the activity course.



- Activity spot 5: Have a finish spot, where they can put the balloons e.g. in a tent or basket.
- The fun of it is doing it a few times and experimenting if they can take more than one balloon at a time. You can do a variety of activities and change it as to your child's abilities.
- Other indoor obstacle course ideas:



Obstacle Courses: This tried-and-true idea is always a huge hit with kids, and can be made different every time so it never gets old. Make sure to create an engaging course that includes a variety of motions (jumping, crawling, balancing, etc.) and uses a large area. Have your kids help make the course (which is half the fun!) using some of these creative ideas:

- Hula hoops to jump through
- Line of tape to balance on

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- Couch cushions to hop between
- Table to crawl under
- Blanket over 2 chairs to crab walk through
- Tupperware containers to hurdle over
- Stuffed animals to roll over
- Plastic cups to run around

We love that obstacle courses are great for kids of all ages to participate in – the younger tots enjoy just being able to complete all the obstacles, while older kids can race against each other or the clock. You could even have them attempt it balancing a bean bag or stuffed animal on their head, or with 1 hand behind their back.

What's in a cardboard box? Lots of activity ideas for using a box in play:
<https://activeforlife.com/cardboard-boxes/>

Indoor maze:

Items needed:

- Crepe paper streamer
- masking tape

Steps to make:

- Use crepe paper (some toilet paper might even work, but will break much easier) and masking tape to hold it in place in a hallway.
- Form a maze in the hallway, for the child to move their body through.
- Make sure that you put some parts at the top and some at the bottom, with enough space to climb through and under.
- The child steps over and crawls under the maze, to go through it.



Ball activities:

Indoor bowling:

Items needed:

- 10 plastic empty water bottles
- materials to place inside (optional)
- ball

Steps to make:

- You can use the bottles as is, or decorate them in various ways such as



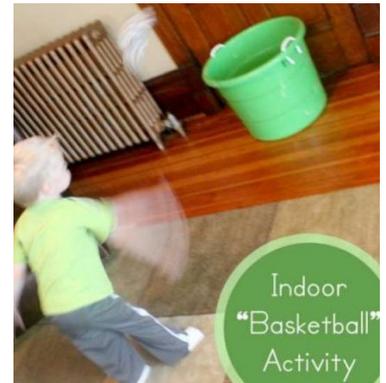
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filling it up with a small amount of paint or food colouring and filling it up with water. Different colours in different bottles.

- You can let the child help fill the bottles e.g. by pushing strips of coloured or shredded paper into the bottle opening to fill it up:



- Place the bottles upright in a triangular pattern and let the child throw or roll the ball, to knock over the bottles.
- Another idea: Place a container (bucke/laundry basket/box) a meter or 2 away from your child, depending on your child's ability. Let them scrunch up paper in balls and to make 10 balls. They throw the balls to the container. It is worth putting masking tape on the floor, to give them an indication of where to stand when throwing.



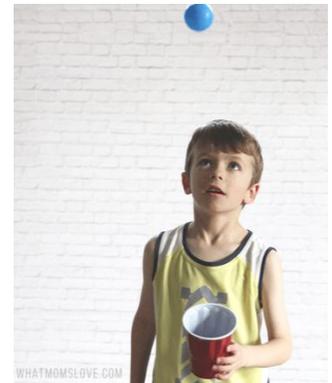
Ping Pong Ball Catch:

Items needed:

- Takeaway coffee cups (the larger the better)
- Ping pong balls or small object to fit in cup

Steps to play:

- Your child throws the ball to a partner and tries to catch it with the cup. Start out close together and then keep taking a step backwards to increase the challenge.
- For a single-player, they can simply throw the ball in the air and try to catch it in the cup.



Therapy ball activities

Materials needed: Therapy ball

Steps to play: <https://youtu.be/x3ubWw9TA3o>

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Listen to the Youtube video for instructions and demonstration on how to use the therapy ball. This is especially great if your child is boisterous, seeking out movement, crashing and bumping into things.

Pushing the ball:

- Stand on either side of the therapy ball and push the ball away. Your child needs to try and push the ball away with their hands.
- You can also use a ball each, to push against each other. Try to push the other person away.
- You can push the therapy ball against your child's body and they need to try and push it away for that body part e.g. their body, head, hip.



Crashing:

- Help your child to climb on the ball either by standing, sitting or rolling. Let them jump onto cushions or mattress for a soft crash landing.



Roll and crash:

- Another great way for crashing is to roll with your body over the ball and then crash onto the cushions or mattress.



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Favorite YouTube channels and videos for getting your kids up and moving:

GoNoodle: <https://www.youtube.com/channel/UC2YBT7HYqCbbvzu3kKZ3wnw>

Koo Koo Kanga Roo: <https://www.youtube.com/channel/UCJfz4ZD1ADS08wFg70j0Niw>

Learning Station: https://www.youtube.com/channel/UC4Hdb26_xnPQsntwLazMqYw

Jack Hartmann Kids Music Channel:

<https://www.youtube.com/channel/UCVcQH8A634mauPrGbWs7QIQ>

Move To Learn Channel: <https://www.youtube.com/channel/UCuPUdEctalgaEexj3ZFjkiQ>

GROOV3Dance Channel: <https://www.youtube.com/playlist?list=PLC2C841486EB885F1>

Just Dance Kids: https://www.youtube.com/results?search_query=just+dance+kids

Cosmic Kids Yoga: <https://www.youtube.com/user/CosmicKidsYoga>

Body Coach Joe Wicks:

<https://www.youtube.com/playlist?list=PLyCLOpd4VxBtHUS5Og4htDM4ZSJ5u2Ef3>