



# Wee Learn

## Wee Learners (4 - 5 years): 15 Ways to Keep Kids Active Indoors



Thanks to the colder weather and shorter days, snuggling up on the couch to watch TV is even more tempting than usual. No matter what Mother Nature brings, it's important for children to keep moving.

As you know, a successful naptime isn't the only reason it's important for your kids to burn off energy. When they get enough active play, there's a marked improvement in their cognitive abilities, academic behaviour and overall attitude, according to the Heart and Stroke Foundation. And since Canada recently received a D rating in physical activity (for the third year in a row) in a **ParticipACTION** report by the Healthy Active Living and Obesity Research Group at the Children's Hospital of Eastern Ontario Research Institute, it's more important than ever to encourage our kids to incorporate physical activity into their day. Preschoolers need at least **180 minutes** of physical activity each day, while kids aged five to 17 need 60 minutes of mild to moderate exercise a day.)

Here are 15 indoor activities to keep kids off the couch, even if you have limited space.

- 1. Freeze Dance** - dance to your children's favourite song. Each time the music stops the children freeze.
- 2. Learn Some Moves** - research helpful how-to's on children's You Tube channel to learn some fun and exciting moves and dances.
- 3. Balloon Volleyball** - Tie a yarn between two chairs to make a net and blow on a balloon and start playing volleyball.
- 4. Book-Worm Workout** - great way to tie in literacy to physical activity. Read a book that has a repetitious word and each time it is read your child does a funny move.
- 5. Hallway Soccer** - Make goal posts with masking tape and use a small plastic ball to play soccer in the hallway.
- 6. Crab Carry** - Have the children act like a crab and walk around the whole house to see how long they can balance on their hands and feet.
- 7. Yoga JENGA** - Write or draw a pose on each Jenga block, and each time a block is pulled out they have to do the yoga move.
- 8. Hula Hoop** - Great activity for core muscles. You can make it into a competition to see how long each child can hula-hoop for.





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- 9. Broom Hockey** - Use masking tape to make goal posts, have two or more brooms and a plastic ball. Let them play Canada's favourite sport indoors.
- 10. Marble Toe Race** - You will need two large bowls and a towel. Fill bowls with water and place marbles inside the bowl. The child(ren) will use their feet to move one marble to the next bowl.
- 11. Set Up A Maze** - Zig-zag yarn from varying heights and challenge your kids to get across without touching the yarn.
- 12. Use the Wii Fit** - Wii Fit has various activities to stay physical, but you can also use other game devices and put in a physical activity game.
- 13. Jump on the Bed** - Play various safe games on the bed when you have been stuck inside for a few days in a row.
- 14. Make Activity Stations** - Design and make various activity stations indoors, such as crawling through tape, planking, etc.
- 15. Check out GoNoodle** - A resourceful website to research various physical activities you can do indoors.

<https://www.todaysparent.com/family/books/27-jolly-christmas-books-kids/>

