



Wee Learn

Wee Mentors
(6+ years):
How to Keep Children
Active Indoors



Thanks to the colder weather and shorter days, snuggling up on the couch to watch TV is even more tempting than usual. It is important that your children need to keep moving. When children 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

The following are some indoor activities children can play to stay active:

Freeze Dance. Shaking it off is a sure way to get your children off the couch. To brush up on listening skills, try "freeze" dance. The rules are simple: dance when the music plays and when the music stops, everyone freezes.

Bookworm Workout. Story time doesn't have to be just a bedtime ritual. Pick a book that has a word that's often repeated. For example, choose the word "hat" if you're reading *The Cat in the Hat*. Every time the word comes up in the story, get your child to do a jumping jack.

Hallway Soccer. You don't need a backyard to play a game of soccer. Start by setting up a net on opposite ends of the hallway by placing some masking tape on the floor. After dividing into teams, grab a small plastic ball and let the fun begin.

Crab Carry. When bad weather has you dreaming of sunnier times on the beach, play crab carry. Teach your little one how to walk like a crab by placing their palms and feet to the floor while raising their stomach up to face the sky. Staying in that pose let them see how long they can balance something like a beanbag on their belly. Crab races are also another fun option.

Yoga JENGA. Use a pencil to write down a yoga move on each JENGA block. Set up the tower and play the game as usual, but every time a block is pulled out, every player has to do the specific yoga move. If the tower falls, do the plank for 30 seconds.

Hula Hoop. As long as you make sure that you're not too close to furniture or breakables, hula hooping is a great indoor activity that helps strengthen your child's core muscles. If you're looking to switch things up a bit, try hula hooping while walking backward, or spin the hoop around your ankle or arm.





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Broom Hockey. Similar to hallway soccer, use masking tape to set up a net on opposite ends of the hallway. Divide into two teams; making sure every player has a small broom. Use a tennis ball as your hockey puck. The first team to get 10 points wins.

Set up A Maze-Turn the hall into a "laser" maze with yarn. Zig-zag yarn from varying heights and challenge your kids to get across without touching the laser.

Make Activity Stations-"Indoor activity stations! I make signs and each 'area' has an activity: jumping jacks, crawling through tape/rope, planking etc. Set a timer, then rotate through the stations."

