

Ideas for Staying Active Indoors!

<https://activecities.com/blog/creative-ways-to-be-active-indoors/>

Make An Obstacle Course



Use different objects and rooms throughout the house. Record your time and see if you can improve it.

Have A Freeze Dance



Play your favorite songs that evoke dancing. Stop the music at random and require everyone to freeze in place.

Build A Fort



Steal all those blankets and towels from the closet and build a secret hideout. All the climbing and crawling around will get your muscles working.

Create A Treasure Hunt



Make a map, or hide notes with clues that lead to the next point. Don't make it easy; you have an entire house to work with.

Play Charades



Put words into a hat and see if you can act them out. Have a bunch of people? Split into teams and make it a competition.

Do Yoga



Increase your strength, flexibility and find your zen, all within the comfort of your home.

Play Flashlight Tag



Close the blinds and shut off the lights, run around the house like it's the middle of night.

Have A Pillow Fight



Grab a pillow and swing away; just don't break anything!

Put On A Scavenger Hunt



Hide things around the house and create a list of everything that needs to be found.

Do A Workout Tape



Don't own one? The internet is flooded with free videos.

Have Indoor Olympics



Compete against each other in different events and see who finishes at the top. Pick from some of the real events, or get creative and make your own.

Play Simon Says



You can get real creative, and active with this game.

Learn A Dance Routine



Cupid Shuffle, Electric Slide, The Wobble, Y.M.C.A., Chicken Dance, Fortnite Dances, or the latest Tik Tok Dance.

Do Gymnastics



Show off your skills for the crowd! Forward rolls, cartwheels, balancing, spinning, jumping are just a few exercises to try.

Create Your Own



The possibilities are endless! Be creative and have fun. When all is done, you might just be glad you stayed in.

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