



Physical Activity Ideas for Kids

Inside Activities for Kids:

- **Freeze Dance.** Turn on your favorite music with your kids and get moving with this fun and interactive indoor exercise option.
- **Indoor Hopscotch.** Using tape or rope, set up an indoor hopscotch adventure in your hallway or living room.
- **Dance Along.** There are many free online videos that teach kids dances to some of their favorite songs! KIDZBOP and GoNoodle on YouTube have fun “dance-alongs” that are easy to follow (see resources below).
- **Jump the river.** An easy game, using a ruler and a couple of pieces of string: spread the strings just one inch apart. Encourage each kid to “jump over the river.” Now widen the river by an inch each time.
- **Indoor Scavenger Hunt.** Make 3 columns on a board starting with the letter A (work from A-Z) and go around your home looking for the letters or words that start with these letters.
- **Yoga.** Practicing mindful movement will help kids to release stress and anxiety during this trying time. Checkout Cosmic Kids Yoga on YouTube.
- **Challenge Game.** Challenge your kids to do a certain activity XX number of times in XX number of minutes inside the house (*example*: jumping jacks). Can be done outside too.
- **Hula Hoop.** If you happen to have this item around, it is a great way to get your kids moving either inside or outside.

Outside Activities for Kids:

- **Social Distance Family Walk.** After meals, take your kids out for a safely distanced walk. Take different routes, and/or try to walk a little further each time.
- **Relay Races.** Set up a contactless relay race against your child or as a friendly competition between siblings.
- **Soccer.** Try a game of contactless soccer or simply pass a ball back and forth.
- **Leap Frog Races.** Challenge your kids to an all-fours race to get their heart pumping.
- **Safe Bike Ride.** If possible, go for family bike ride for fun and exercise at the same time.

Resources for Additional Ideas:

- [GoNoodle.com](https://www.gonoodle.com) has physical activity ideas that can be executed in a small space
- YouTube: [KIDZBOP Fitness](#), [GoNoodle Fresh Start Fitness](#), [GoNoodle Guided Dancing](#), [Cosmic Kids Yoga](#), [PopSugar Fitness Family Workout](#), [Zumba Kids](#)
- [YMCA at Home](#) has virtual workouts and family fitness ideas