

INDOOR ACTIVITIES FOR CHILDREN

- Hand your child some streamers made out of fabric, newspaper, wrapping paper, etc.
- Tape bubble wrap to the floor for a good time stomping.
- Make balls out of crumpled up newspaper or wrapping paper and throw them into a box or laundry basket, have a “snowball fight”, or try to knock down targets like stacked up (empty) soda cans. Other good indoor throwables include balled-up socks, large yarn pom-poms, ball-pit balls.
- Play hopscotch on a tiled floor (or make squares with tape).
- Capitalize on the mess in your child’s room—have him run across the room without stepping on any toys. You could also scatter stuffed animals throughout the room or hallway and have him cross the room, jumping over them or going around each one.
- If your child shows an interest in helping you with chores, give him a bucket with clean water and a clean sponge to “help” wash the floor, the cabinets, the bathtub, or whatever else you deem useful. He can also wash his toys.
- Cut colored paper or fabric/felt into large shapes. Scatter them on the floor, then call out a color or a shape and have your child run to it. You can also play it like Twister, having your child put a hand on one shape and a foot on another.
- Jump on the bed. Just be careful of nearby sharp corners. You can also pull a mattress onto the floor if you’re concerned about falling.
- Give your child a spoon and a plastic egg and see how far she can walk before the egg falls.
- Pick up small toys using only your toes. Your tot may need to sit or hold your hand to keep his balance.
- Hang streamers or string from a doorway and let your child run through it over and over.
- Swing your child in a blanket. This is easier with two adults but can be done (carefully) with one.
- Help your child go up and down the stairs. If you use a baby gate, consider putting it two or three steps up from the bottom so your tot can practice climbing.
- Make a fort out of couch cushions, blankets, and the like.
- If you have a shiny floor in your house, show your child how to “ice skate” in his socks, or put his feet in tissue boxes and have him skate across the carpet.
- Put toys or books into a laundry basket and have your child push or carry it from room to room.
- Use string or crepe paper streamers to make a maze that your child can go over and under. Tie or tape the string around the room to make a web.
- Play tug of war with a sheet or rope.
- Squish your child between couch cushions or roll him up in a blanket like a hot dog/burrito.
- Materials you can find or make:
 - Use wooden boards (2x4’s) as balance beams.
 - Play “badminton” with a balloon and a pair of paper plates with a handle taped to them (a spoon, a paint stir stick, whatever you can find). See how long you can keep the balloon in the air by hitting it



TWIN FALLS BURLEY JEROME