



## FIVE PHYSICAL ACTIVITIES TO TRY INDOORS

1

### BUILD A FORT

Build with couch cushions. Create family forts or ramps for vehicles.

2

### FREEZE DANCE

Put on some uplifting music. Stop the music and FREEZE, striking your best John Travolta position. Turn the music back on and repeat!

3

### CREATE AN OBSTACLE COURSE

Painters tape is a great addition to create zig zag challenges or shapes to jump into.

4

### CREATE A SCAVENGER HUNT

Create a scavenger hunt for your kids that leads them from room to room.

5

### PUPPET THEATER

Hang a pillow case across a doorway, gather a cast of stuffed animals and help your littles put on a show!