

Warning! Cold Days Ahead!

We all know the cold and snow is right around the corner. If you are feeling a bit nervous about getting in movement and exercise for your kiddo you are not alone. Planning ahead for those cold days will be crucial. Using household items and old fashion creativity, movement can be fun and easy. I have put together a list of some indoor activities to get that movement in. Remember intensity and consistency is the key to improving function. Spread out these ideas so you always have something new and exciting to do. Have Fun!

1. Indoor Bowling: Fill 10 water bottles with pea gravel or sand use a potato, a grapefruit, or an orange for a ball. And Strike!
2. Dance Party: Turn up the music and let the fun begin. Do some stomping do some hopping, turn off the music, freeze!
3. Who are you at the Zoo? Write the names of zoo animals on index cards and place in a bowl. Take turns choosing which animal to do.
4. Hot Lava: A classic game of 'can't touch the ground' Make up an obstacle course with chairs, pillows, books, even use the couch and coffee table. The first one to touch the ground gets burned.
5. Play: Simon Says / Hokey-Pokey / Twister / Red Light Green Light / Musical Chairs.
6. Put those kids to work: Shovel snow, pull weeds, rake leaves. Water the plants with a heavy watering can. Push, pull, or carry the laundry hamper. Wring out wet dish towels, vacuum. Pick up dog-do-do. (eeww)
7. Have the kiddos work for their favorite treat: Wheelbarrow across the room while picking up M&M's or fruit loops with their mouth. Bear crawl, crab walk, bunny hop, to get items from the room.
8. Play Scoop: Cut the tops off of two one gallon jugs. Large enough to catch a tennis ball. Toss the ball back and forth.
9. I think I can: Save up three Pringles cans. Cover each can with construction paper. One red, one blue, one white. Make a small slit in the lid, barely big enough to fit plastic poker chips. Sort by color. The poker chips should fit tightly, having to use all those finger muscles.
10. Fore! With a bag of golf tee's and a block of old packing styrofoam push the golf tee's into the foam. Create designs, patterns, or the alphabet.
11. Pack it up: All that packing material you thought had no use. Pop the plastic packing bubbles with fingers. Stomp on it, make some noise. Snap the packing peanuts in half. Crumple up old newspaper using one hand, then use it to shoot baskets into the trashcan.

12. Clip this! Tie a string or a piece of yarn to the back of one chair, attach the other end to another chair. Like a clothes line. Attach old style wooden clothes pins to the line. Only use those fingers.
13. Cook it up! Baking cookies, cakes, and bread, stirring and kneading is good input.
14. Make homemade play dough! Kids love to make and play with playdough.

1 cup flour

1 cup warm water

½ cup salt

2 tbsp cream of tartar

1 tbsp. oil

Mix all ingredients, knead together, add 1-2 drops of food coloring for color. Put in zip lock baggie, no need to refrigerate.

Be prepared, be consistent, set your child up for success and have fun.

Stay safe and stay warm.

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