

Physical Activities to do At Home

Here are a few fun ideas that you can do with your children to keep them active and having some fun while they are away from school.

Indoor Activities:

1. **Simon Says:** The basic body parts are great, but try to add in some activities that really get the heart going like running on the spot, touching your toes, standing on one foot or pretending to drum!
2. **Wheelbarrow walking:** hold your child's legs at the thighs and explore on your hands!
3. **Dance to music!**
4. **Yoga poses (see pictures at bottom of handout).** Some of our favorites are:
 - **Downward Facing Dog**
 - **Three Legged Cow**
 - **Bridge pose**
 - **Table top pose**
 - **Tree pose**
 - **Shark Pose**
 - **Side Plank Pose**
5. **Exercise Circuit:** 5 pushups, 5 sit ups, 5 jumping jacks, run on the spot
6. **Animal Walk races!** Bear walk, snake slither, bunny hops, crab walks, frog jumps
7. **Keep the balloon up in the air!**
8. **Play with bubbles**
9. **Target toss:** throw balled up socks into the laundry hamper; throw a soft ball to knock down plastic bowling pins or empty milk jugs
10. **Clean up Race:** Put on the timer for 2 minutes and see if you can clean up the mess!
11. **Build a fort out of pillows and blankets.**
12. **Follow the leader**
13. **Bum Scooting Race – backward, forward, turn directions**
14. **Figure 8 – clasp your hands together and make a giant figure 8 with your arms**
15. **Hallway bowling – use empty cartons, water bottles, etc.**
16. **Have a Wall Sit competition (who can hold the longest!)**
17. **Freeze Dance or Musical Chairs**
18. **Build an Obstacle course:** walk on pillows, walk between two closely placed chairs so you have to turn sideways, army crawl under a blanket, step or jump over a low object, walk on a taped line on the floor, balance on one foot.
19. **Go to YouTube and look for “GoNoodle”, a great video series of short dance and movement sequences to music! You can also try Cosmic Kids Yoga with various options, (i.e. Frozen, the hungry caterpillar, etc)**

Outdoor Activities:

1. **Go for a hike with your family**
2. **Play hopscotch – draw the pattern with sidewalk chalk on the driveway or in the garage**

3. **Jump rope**
4. **Throw and catch with a ball**
5. **Play a family game of soccer**
6. **Draw with sidewalk chalk**
7. **Play tug-o-war**
8. **Play tag**
9. **Do a scavenger hunt in the yard or other outdoor space – hide items or look for nature objects**

At Home Breathing Exercises:

1. Five Finger Breathing

- Stretch one hand out in front of you, so that there is space between your fingers
- With your other hand, using your pointer finger, you are going to trace around your hand
- Starting at the base of your thumb, slowly trace up your thumb while you slowly inhale
- Once you get to the top of your thumb, slowly exhale as you go down
- Repeat for all fingers – slowly inhale on the way up, slowly exhale on the way down – until you have traced your whole hand

2. Breathe and Hold

- Sit comfortably so that your body is relaxed
- Slowly breathe in for a count of 5, hold for a count of 5, then breathe out for a count of 5
- Repeat for up to 10 breaths

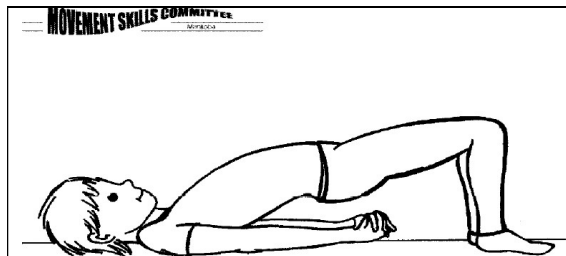
3. Breath Stacking

- Sit comfortably so that your body is relaxed
- Take a small to medium breath in, pause for one second, try to inhale even more (without exhaling), pause for one second, try to inhale even more – so that you have inhaled a very big breath
- Slowly exhale the entire big breath. Repeat for up to 5 times.

4. Yoga “Do Nothing Pose” with Breathing

- Lie on your back on the floor, with your arms out beside you with palms facing the ceiling
- Try to relax your whole body, close your eyes
- Slowly breathe a big breath in through your nose, and slowly out through your mouth
- Try to breathe using your stomach (belly breathing) vs. your chest
- You can place an object or toy on your tummy so you can feel it move up and down as you breathe
- Do this for a few minutes, then slowly sit up

Eight Yoga Holds



Bridge Pose

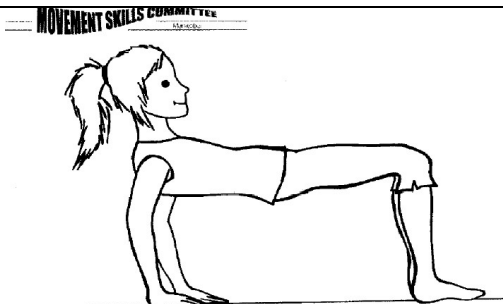
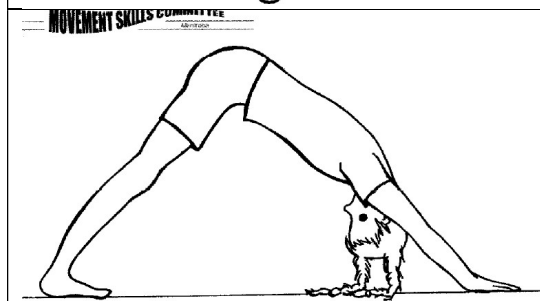
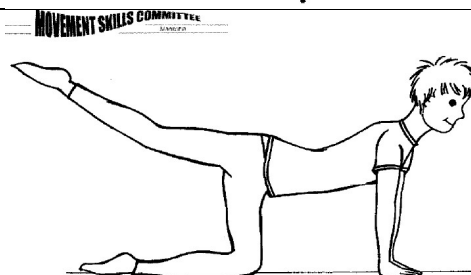


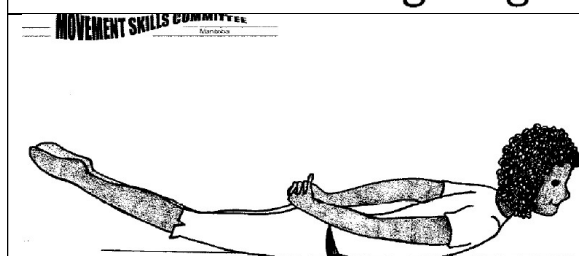
Table Top Pose



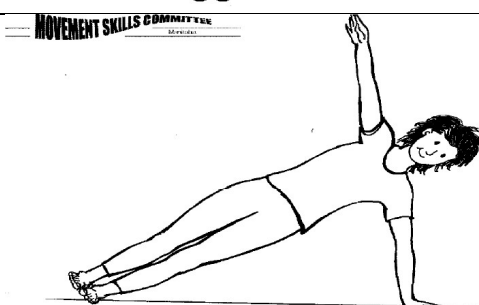
Downward Facing Dog



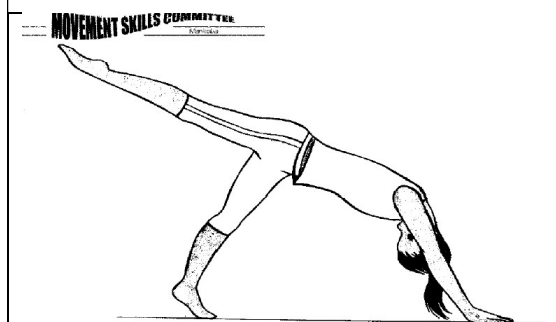
Three-Legged Cow Pose



Shark Pose



Side Plank Pose



Three-Legged Dog Pose



Tree Pose

