Fun Indoor Activities for Those Rainy Days

Super Troopers with Laya Healthcare knows that on those rainy/dull days when the weather is preventing you from being active outdoors it can be hard to get moving but there are a number of fun things which can be done indoors (with a little bit of creativity and imagination). Most of these indoor activities can be performed outside too, depending on the conditions. The extra space may improve the quality of the games and extend the duration of them.

On those wet days when children may want to play video games or watch T.V., parents or carers have an opportunity to educate and empower children with beneficial skills such as being creative and active. The most important thing is to allow the children to lead the activities. They will be more interested if they come up with the ideas and rules.

The role of the adult should be to facilitate and participate. Children will engage more if we make the game or activity appealing to them so don’t be afraid to act silly or work up a sweat. After all this there will be plenty to talk about at dinner.

**Activities**

1. **Hide and seek** (always a classic).
2. **Obstacle course** (safe and appropriate materials of course!).
3. **Musical chairs/beds**. Choose upbeat music to get moving to.
4. Choose some of your **favourite music to create a dance to** and teach others.
5. **Talent show** (each person or team) puts together a routine or performance. The more active the performance the better.
6. **Create your own game.** Encourage children to create a new game they can play outside when the weather improves. This will involve creating rules, objectives, equipment needed (if any) and a name for the game.

7. **Hide the object.** Someone hides a specific object around the house; another person/people must go in search for it. Record the quickest time to find it.

8. **Circle games;** for example Cat & Mouse or Duck, Duck, Goose.

9. **Have a quiz** with categories that promote healthy eating, exercises, and the benefits of living healthy. The prize can be some healthy treats, choosing a game to play, or before the quiz create a winner’s medal or trophy from old materials.

10. Using a pen and paper, list a couple of **exercises you enjoy doing.** For example, Jumping Jacks, Press-ups, Sit-ups, Running on the spot, Balancing on one leg, Skipping, etc. Now write down a prediction beside each one of how many you predict you will be able to do or how long you think you will be able to last. Then, either indoors or outdoors, perform each exercise and see what you get. Record the results beside the predictions and compare how close you were.