



OCCUPATIONAL THERAPY AND PHYSICAL THERAPY TEAM

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Active Indoors

Why is it important?

The Canadian Society for Exercise Physiology (CSEP) recommends 60 minutes of moderate to vigorous physical activity per day for children ages 5-17 years. This is about as intense as a brisk walk. Keeping active is more important than ever, especially when we're being required to stay indoors. Physical activity is an important component to self-regulation. Self-regulation is the ability to be ready to participate, engage and play. It's also a skill used to cope with stressors. When we're active, our brains are better ready to be focused and calm!



BOKS BURST- As If Activity

Put on a favorite song and do each activity for 30 seconds:

- 1) Jog in place to "outrun" an abominable snowman
- 2) Take big steps as if you are snowshoeing
- 3) Jump up and down as if you are a kernel of popcorn
- 4) Reach up as if you are trying to grab the North Star
- 5) March in place with high knees as if you are in a marching band
- 6) Leap side-to-side as if jumping over a big puddle

Animal Friends

Pretend to be different animals with your child. Take turns picking the animal!

Some examples include:

- Flap like a bird. Fly around the house
- Jump with two feet together and pretend to be kangaroos
- Bend your knees, walk with your legs far apart and swing your arms like a chimpanzee
- Slide around on the floor pretending to be snakes

Body Soccer

What you'll need: A few balloons and something to use as a goal – a box, a laundry bucket

What to do:

- Have your child play "keep it up" with a balloon
- How many taps can they get before it hits the ground?
- What body part can you choose to keep the balloon up? Which body part can you keep it up the longest with? Head? Hands?
- Combine body parts to make a sequence. For example, tap the ball with your hand, then head, then foot.
- Now try using those body parts to get the balloon into your goal

Screen Time Suggestions

Make screen time active! Below are some great sources to get up and get moving!

- Cosmic Kids Yoga videos (Youtube)
- **Go Noodle:** Fun movement breaks at <http://family.gonoodle.com>
- **Music:** Download favorite CDs for a dance party! Access free with a library card at <http://hoopladigital.com>
- **Apps:** Look for apps focused on movement, such as Super Stretch Yoga (Android and App Store)





Set up an Indoor Obstacle Course

Try creating an engaging course with at-home materials that includes a variety of motions (jumping, crawling, balancing, etc.) and uses a large area. Have your kids help make the course using some of these creative ideas:

- Line of tape to balance on
- Couch cushions to hop between
- Table to crawl under
- Blanket over 2 chairs to crab walk through
- Stuffed animals to jump over
- Plastic containers to run around

Indoor Basketball

What you'll need:

- A laundry basket or large bucket
- Items to toss – crumpled up newspaper, bean bags, soft toys, or rolled up socks

What to do:

- Set up lines of tape for your child to stand behind. The further away the line is from the basket or "hoop" the more challenging it is.
- Practice tossing the items into the basket using different motions: underhand, overhand, eyes closed, standing on one foot, etc.
- Create a friendly challenge: see who can make the farthest shot or set a timer for 1 minute to see how many baskets can be made.
- Make the game more active by having your child run to pick up the "ball" after every missed shot.

Tape Games

What you'll need:

- Roll of painter's tape

What to do:

- **Tape Shape Game:** Use the tape to create a variety of shapes, letters and numbers on the floor. Encourage your child to move between the shapes in various ways (ie., bear crawl to the square, hop like a frog to the A, run to the rectangle).
- **Tape Lines:** Make 5 – 10 separate lines of tape, each about 1-foot apart. Label the "start" line and give your child instructions:
 - Long jump forwards
 - Long jump backwards
 - Hop on one foot
 - Walk on tippy toes
- **Create a Race-Car Track:** Use the tape to make a road system for your kids' cars. Have the track go over furniture and other obstacles. The key to making it active is to make it large-scale so kids are engaging their core muscles while crawling all over.
- Create an indoor **Hopscotch**

Indoor Bowling

What you'll need:

- Painter's or masking tape
- Plastic bottles or cups
- Small balls or bean bags to roll

What to do:

- Set up a bowling "lane" with some painter's tape
- Use plastic bottles or cups for the pins. Spend time building or lining up the cups in different formations (ie., in a line or in a pyramid) to be knocked down.

Cotton Ball Crawl

What you'll need:

- Cotton balls or pompoms
- Spoons

What to do:

- Move a pile of cotton balls from one room to another using a spoon.
- The feather-weight cotton balls make it easy to fly off the spoon if it's not balanced just right!