



Simply Support for ECE

Activities to keep children active while inside

1. Have a “wash day”. Gather all the toys your child owns that can be immersed in water without being ruined. Fill one bucket with warm, soapy water and a second with water only. Provide your child with sponges, scrub brushes, and soap. Set a “dry area” with beach towels. Allow your child to scrub their toys, rinse, and set out to dry.
2. Put music on with different beats. Allow your child to use an old pot or pan and a rubber or wooden spoon. Explain your child will be the bandleader and will march and make music to the pattern heard.
3. Again, put on music with different beats. Provide your child with scarves or streamers. Explain your child needs to dance using the scarves to show what the music feels like.
4. Have a scarf catching game where your child is directed to throw the scarf in the air then catch it with different parts of their body (hands, head, foot, knee, etc.).
5. Create an indoor obstacle course where children need to go up steps, crawl through open boxes, jump on pillows, balance on a line, and gallop to the end point.
6. Create inside relay races: Who can dress in specific clothes the fastest, ball passing without dropping it, indoor texture walk, etc.
7. Have a musical chairs game (young children can find this fun even if they are the only child playing).
8. Play “Follow the Leader” where your child must follow you around the house and copy the movements you make as you move.
9. Play “Red light, Green light” making sure that you change the light color very fast or slow to encourage coordination while in movement.
10. Play “Tug of War” with your child using an old sheet or blanket to build muscle strength.