

# Exercises, Games and Activities for Kids

1. **Jump rope:** If you have downstairs neighbors who complain, go in the hall or outside your building. (If you don't have a jump rope you can pretend to use one and

still do the motion)



2. **Beach Ball/Ball:** There are endless ways to play with beach balls/ball indoors. Try to keep it off the ground or just play catch.



3. **Obstacle course:** Create a furniture course in your home or take chalk and make a course outside.



4. **Dance party:** Turn on your favorite beat and DANCE! Play freeze dance!



5. **Jumping jacks:** Aim to increase how many you are doing each day.



6. **Hopscotch:** Create a game using tape indoors or chalk outdoors.



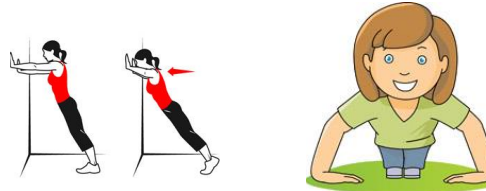
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7. **Jogging in Place:** Aim to jog in place for 30 seconds



8. **Push-Ups:** Aim to do 10 Push-Ups (If you can't do them on the ground, Try Wall

Push-Ups)



9. **Running/Walking Up and Down Stairs:** If you have access to stairs in your

house set a number per day to go up and down the stairs. Once you have achieved that number build on that number. (Ex: this week I am going to jog up the stairs 5 times, next week 6 times, etc.)



10. **Knee Lifts:** Alternate touching right hand to left knee and left hand to right knee. Aim

to speed it up while adding a little jog.

