



Indoor Activities

Here are some great electronic free activities for those rainy spring days:

- Build a fort or make an indoor obstacle course
- Have a dance party
- Do a puzzle or play a board game (or create your own board game)
- Make art or do a craft
- Write a letter to a loved one
- Bake or cook together (great time to work on math with measuring)
- Have story time or take turns writing your own stories and reading them to each other
- Create an art gallery and display your artwork around the house
- Write different exercise down, put them in a bowl, and take turns picking
- Make a family tree or look at photo albums
- Wash toys – get a bin and add some dish soap!
- Put masking tape on the floor to create a “race track”
- Re-arrange rooms and furniture as a family
- Pop popcorn and tell stories
- Make encouraging signs to post in your windows for neighbors to read
- Make and decorate paper airplanes and have a contest of who’s can go the furthest
- Get out old magazines/newspapers, glue, and scissors and make a vision board

Educational Activities Online:

- If you have social media, follow **The Children’s Museum**. They post science experiments, like color changing milk, and for our paleontologists out there, how to do a Paleo Cookie Dissection!
- Download the app **Libby** – you can access thousands of books, comic books, audiobooks, and magazines for free.
- **Storyline Online** streams videos featuring actors reading children’s books alongside creatively produced illustrations - <https://www.storylineonline.net/>
- **Scholastics** is offering a free 20-day program with projects to keep kids from pre-K through 9th grade entertained and learning while schools are closed. There are activities for each group all themed around a special topic area for that day.
 - <https://classroommagazines.scholastic.com/support/learnathome.html>
- Check out <https://www.facebook.com/groups/578686586068826/> - A Facebook group dedicated to **Isolation Activities for Kids**
- You can escape by going on a **virtual field trip**! Check out all the amazing places you can go right from the comfort of your couch!
 - https://docs.google.com/document/d/1SvIdgTx9djKO6SjyvPDsoGlkgE3iExmi3qh2KRRku_w/mobilebasic
 - <https://totallythebomb.com/heres-33-national-park-tours-you-can-take-virtually-from-the-comfort-of-your-home>
 - <https://www.facebook.com/indianapoliszoo/>

Indoor Exercise:

- **GoNoodle** has interactive activities to get your K-5 kiddos moving – <https://www.gonoodle.com/>
- **Yoga**
 - **CosmicKids Yoga** on YouTube can alleviate anxiety and stress for the whole family – <https://www.youtube.com/user/CosmicKidsYoga>
 - Frozen: <https://www.youtube.com/watch?v=xlg052EKMTk>
 - Moana: https://www.youtube.com/watch?v=5y3gCrL_XIM
 - Minecraft: <https://www.youtube.com/watch?v=02E1468SdHg>
 - <https://www.youtube.com/watch?v=OXpqNAWnfTo>
 - https://www.youtube.com/watch?v=AP6Tn_SKaj8
 - **Yoga for Teens:** designed for teens but beneficial for all ages. Check out this 20 minute yoga class!
 - <https://www.youtube.com/watch?v=7kgZnJqzNaU>
- **Family Fun Cardio Workouts**
 - <https://www.youtube.com/watch?v=5if4cjO5nxo>
 - <https://www.youtube.com/watch?v=dhCMoC6GnrY>
 - <https://www.youtube.com/watch?v=X7OzRLb2aKY>
 - https://www.jumpinforhealthykids.org/userfiles/file/news/5210_Challenge_Healthy_Behaviors_Tracker.pdf
 - https://www.youtube.com/watch?v=uO_1QBQ8Syk
- **Dance**
 - https://kidsdanceoutreach.org/online_classes/
 - <http://www.missmelodee.com/>
 - <https://www.youtube.com/user/mihrantv/playlists>
 - DJ Mel in Austin, Texas, is hosting a weekly kid-friendly "Living Room Dance Party" on his Facebook page. Join the fun [here!](#) Thousands have been tuning in, so get ready for fun.
 - **Kids Dance Outreach** for an online class: https://kidsdanceoutreach.org/online_classes/

Podcasts:

- **But Why: A Podcast for Curious Kids:** Each episode features several kid-submitted questions, like "why is the sky blue?", usually on a single theme. With the help of experts, it gives clear, interesting answers. Best for: All ages.
- **KiDNuZ:** Talking to kids about the news can be a challenge. Two moms who are broadcast journalists offer five minutes of kid-friendly news five days a week. Best for: All ages.
- **Story Time:** These 10-15 minute stories are a perfect way to lull your child to sleep. Each episode contains a kid-friendly story, read by a soothing narrator. Best for: Preschoolers and little kids.
- **The Alien Adventures of Finn Caspian:** This serialized podcast tells the story of an 8-year-old boy living on an interplanetary space station who explores the galaxy and solves mysteries with his friends. No violence or edgy content and perfect for an extended listen. Best for: Kids and tweens.
- **Wow in the World:** NPR's first kids show is hosted by Guy Raz and Mindy Thomas. They discuss the latest news in science and technology in a way that is enjoyable for kids and informative for grown-ups. Best for: All ages.

Science:

- NASA Media Library: <https://www.diyphotography.net/nasa-makes-entire-media-library-publicly-accessible-copyright-free/>
- NASA STEM Activities: <https://whnt.com/news/nasa-offers-stem-activities-for-kids-stuck-at-home/>
- Re-growing Vegetables from Scraps Experiment: <https://www.ruralsprout.com/regrow-vegetables/>
- Butterfly Feeders: <https://www.naturallivingideas.com/14-diy-butterfly-feeders/>

- After making the butterfly feeders, you can create your own journal to record your observations and findings!
- From making your own rock candy (patience! It takes two weeks!) to creating a lava lamp to getting an egg to fit in a bottle (what!?), check out this site full of experiments: <https://mommypoppins.com/kids/50-easy-science-experiments-for-kids-fun-educational-activities-using-household-stuff>
- Mystery Science: Free science lessons
 - <https://mysteryscience.com>

Cooking:

- Chef Massimo Bottura is offering free Cooking Lessons on his Instagram <https://secretmiami.com/massimo-bottura-instagram-classes/>
- America's Test Kitchen: <https://www.americastestkitchen.com/articles/2253-kitchen-classroom-week-1-21-fun-and-delicious-recipes-you-can-make-with-your-kids>
- 21 Fun and Delicious Recipes You Can Make With Your Kids: <https://tasty.co/article/melissaharrison/cooking-with-kids>

Arts and Crafts:

- The Artful Parent: Good, free art activities
 - <https://www.facebook.com/artfulparent/>
- Red Ted Art: Easy arts and crafts for little ones
 - <https://www.redtedart.com>
- The Imagination Tree: Creative arts and craft activities for the very youngest
 - <https://theimaginationtree.com>

Programming and Coding:

- Blockly: Learn compute programming skills for free.
 - <https://blockly.games>
- Scratch: Creative computer programming
 - <https://scratch.mit.edu/explore/projects/games/>
- <https://codewizardshq.com/coding-for-kids-free/>

Indoor Activities by Age:

- If you have **younger kids**, check out these links below! Here's to hoping you'll be able to drink that coffee while it's still warm!
 - 15 Ways to Keep Kids Active Indoors: <https://www.todayparent.com/family/activities/15-ways-to-keep-kids-active-indoors-even-if-you-dont-have-much-space/>
 - 25 Surefire Indoor Play Ideas from a Preschool Teacher's Bag of Tricks: <https://www.mykidstime.com/things-to-do/25-best-indoor-games-kids-aged-8-12-years/>
 - 50 Best Indoor Activities for Kids-Easy Crafts and Games: <https://www.itsalwaysautumn.com/best-indoor-kid-crafts-activities.html>
- For your **older kids**, have them skim through these sites and pick out a new activity for the day!
 - 25 of the Best Indoor Games for Kids Aged 8-12 Years: <https://www.mykidstime.com/things-to-do/25-best-indoor-games-kids-aged-8-12-years/>
 - Worksheets-Grades 9-12: https://www.census.gov/programs-surveys/sis/activities/grades-9-12.html?utm_source=google&utm_medium=cpc&utm_campaign=Unbranded_Grade&utm_content=high-school&utm_term=high%20school%20lesson%20plan

- Indoor Activities for Students in Grades 6-12:
<https://www.connectionsacademy.com/support/resources/article/indoor-physical-activities-for-students-in-grades-6-12>
- For kids of **all ages** or families with multiple kids of varying ages, look below for some all family fun!
 - Ideas for Keeping Kids Active During Social Distancing: <https://www.rei.com/blog/fitness/ideas-for-keeping-kids-active-when-home>
 - 21 Enjoyable Indoor Games for Kids: https://www.momjunction.com/articles/indoor-games-and-kids-activities-for-this-season_00369105/
 - 75 Fun Indoor Games for Kids: <https://www.familyfuntwincities.com/indoor-games-for-kids/>