



# 50 WAYS TO BURN OFF STEAM INSIDE



- See who can build the tallest Lego tower!
- Play balloon volleyball
- Create your own indoor family Olympics
- Make it a game out of how many different ways kids can get across the room.
- Get your brains going with some easy science experiments
- Use pool noodles throughout the house to make obstacles
- Toddler Tennis! -- Throw soft objects back and forth over a rope.
- Build a small high jump with straws and launch toys over!
- Play a game of charades!
- Make a game out of seeing who can clean their room the fastest!
- Grab an exercise ball and see who can "superman balance" on their tummy the longest!
- 3 words... Funny. Dance. Party!
- Grab a beach ball and a laundry basket and play "basketball"!
- Use masking tape and make a hop scotch grid!
- Grab all of your toy cars and have a mini car wash in the sink!
- Use masking tape to make a balance beam and create cool routines!
- Play musical cushions with couch cushions!
- Play hide and seek!
- Have crab walk and wheelbarrow race!
- Practice some easy and kid-friendly yoga poses!
- Wash the dog.
- Have a (fun & safe) pillow fight!
- Have a silly fashion show/costume party!
- Make cupcakes with the kids!
- Grab the broom and try your hand at limbo!
- Let the kids draw on the mirrors with dry erase markers!

- Use tennis or golf balls and play indoor bowling with empty water bottles as pins!
- Play follow the leader!
- How long can you hula hoop going? Try it with the kids!
- Jumping jacks!
- Build an indoor mini-golf course throughout the house with plastic cups!
- Set up a "stage" and have a puppet show!
- Have some fun sensory play with a cookie sheet and shaving cream.
- Set up an indoor obstacle course and have the kids show off their "Ninja moves"!
- Gather household objects, create a band and put on a concert!
- Look up dance videos on YouTube and try to learn the moves!
- Find a recipe online on how to make indoor bubbles and play!
- Create a race track for small cars and hold races.
- Orchestrate a scavenger hunt.
- Create a magic show!
- Line up pillows and couch cushions and make an indoor maze.
- Create a groovy DIY lava lamp with help from an online tutorial
- Have the kids lay back and try to balance inflated beach balls on their feet!
- Create paper airplanes and hold air races!
- Play Simon says.
- Have a pirate treasure hunt!
- Create a "river" in the bathtub and play with all the boats!
- Turn on the Wii Fit or Xbox One and get your cardio on!
- Ask the kids to put on a show by reenacting their favorite show or movie!
- Drop objects on the floor and have kids try to pick them all up by only using tongs!