Indoor Activities for Winter Days

It is usually more fun to play outside than inside. Outside games also tend to be more active. But sometimes the weather is just too bad to go out. Families need inside ideas. Active video games (like Wii™) are an option. Most people use as much energy playing these games as moderate walking. So you will be more active than just watching TV or playing regular video games. But, here are other ways to be active inside, too!

Plan

- **At home:** Be ready for a few minutes of play at any time! Make a list of your favorite upbeat songs for dance breaks. Take a dance break after school, during TV ads or while doing homework.
- **In school:** Teachers can add short activity breaks during class. Look for ideas at [www.jamschoolprogram.com](http://www.jamschoolprogram.com). Also, many schools now open their gyms during out-of-school times for families to be active.
- **About town:** Check what’s happening in your town! Schools, community centers or YMCAs/YWCAs may have family nights. If they don’t, think about getting involved and help organize one.

Play

- Here is a list of indoor activities. Need more ideas? Get together with your family and brainstorm. Post your list on the fridge or bulletin board.
  - **Dance, dance, dance.** Put on some tunes and rock the house.
  - **Show off your talents.** Let each family member take turns leading an activity.
  - **Activate commercial breaks.** Get up and get moving during TV breaks.
  - **Plan a scavenger hunt.** Maybe you can find missing socks and other stuff!
  - **Build a crawl-thru obstacle course.** Use big pillows, chairs and blankets.
  - **Have a hula contest.** All it takes is a hoop or two and a wide open space.
  - **Play charades.** Use an active theme (like animals) and move like your word.
  - **Twist yourself in knots.** For about $15, the game of Twister® is a ton of fun!
  - **Play hide and seek.** Use the whole house, basement and garage (if heated).
  - **Take a road trip.** Go to a mall for a walk, a YMCA/YWCA for a swim or a rink for a skate.

Enjoy

- Make it fun! Do it together! Turn off the TV and the other screen entertainment (DVD, computers and video games). Fill your home with active fun every month of the year.