

List of Inside Activities That Burn Kid's Energy

1. Leap frog it will quickly raise your children 's heart rate and quickly tire them out!
2. Alphabet hunt simply hide flash cards around the house and when the child finds it she must say what the letter is.
3. Paper airplane race have a start line the kids must stay behind, then throw their planes to see which one goes the farthest.(there are several designs on line if you need help making a plane).
4. Red light green light an oldie but goodie.
5. Color Scavenger hunt time your kids and see how fast they can find 5 things of a certain color throughout the house.
6. Pillow fight
7. Parachute game get a parachute or a flat sheet and fill the middle with soft balls or stuffed animals a and shake, shake, shake!
8. Simon Says
9. Flashlight scavenger hunt hide some objects in a dark room. The children need to find them using the flashlight.
10. Follow the leader.