

# 50 ACTIVE INDOOR GAMES FOR RAINY DAYS



# ACTIVE KIDS

On a dreary day it can be difficult to find active things to do indoors. So we've put together this guide with 50 active indoor kids games perfect for rainy days.

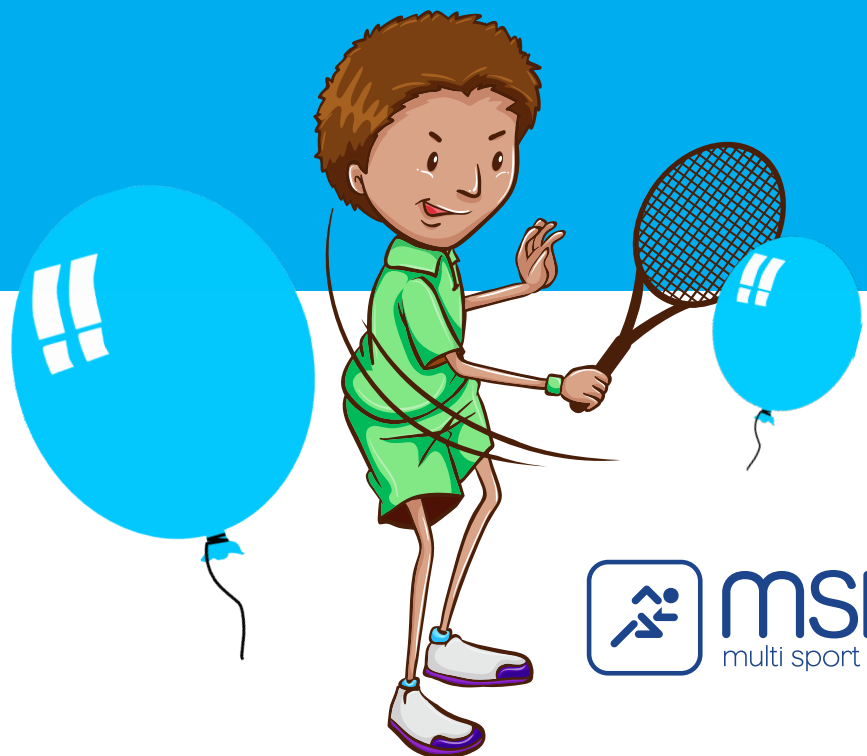
These are split into 7 sections to help you find ideas quickly. Some require specific equipment, some you can play using items around the house and some don't need any equipment at all.

- Balloon Games
- Tape Games
- Ball Games
- Card Games
- 3 or More Players
- Items Around the House
- No Equipment



# BALLOON GAMES

- 1 Keep up the Balloon:** A classic game with one simple rule. Don't let the balloon touch the ground. Time them to see how long they can do it! To make it more difficult use more balloons or make them do it one handed.
- 2 Penguin Waddle Race:** Get your kids to race across the room with a balloon between their knees. For older kids you could add a few obstacles. If they drop it, give them a forfeit e.g. 5 star jumps then they have to go back to the start.
- 3 Balloon Jump:** Hang a balloon from string in a doorway, place it a few inches higher than your child's arm reach. Challenge them to jump and touch it with their hand or the top of their head. They'll tire pretty quick with this game!
- 4 Blow the Balloon Course:** Get your children to set up an obstacle course with pillows and challenge them to blow a balloon all the way to the finish line.
- 5 Backhand Balloon Balance:** A great coordination game. Get your kids to balance a balloon on the back of their hand and walk across the room. It's pretty difficult!
- 6 Balloon Tennis:** Set up a net with a piece of string. Then use a spatula, fly swatter or tennis racket to pass the balloon back and forth. Each time the balloon touches the floor on the oppositions side they get a point.
- 7 Balloon Foot Balance:** This one is tough! Get your kids to lie on the ground with their legs up. Challenge them to balance the balloon on their feet for as long as they can.
- 8 Balloon Volleyball:** Similar to balloon tennis, set up a net with string and bat the balloon back and forth. It's a great game for teams of 2 on 2.



# TAPE GAMES

- 9** **Tape Shapes:** Use masking tape or coloured washie tape to draw shapes, letters or numbers on the floor. Give your child different actions to get to the next destination such as hop to number 4, skip to the square etc. This is great for little ones to learn shapes, letters and numbers!
- 10** **Tape Lines:** Draw out lines of tape in a row about a foot apart. Then give your kids various challenges to get to the end such as long jumping, hopping on one leg between the lines or jumping backwards.
- 11** **Balance Beam:** Draw out a long line and get your kids to walk along it, if they fall off they have to start again. If they get the hang of it quickly, you could draw more lines and have the hop from one line to the other. It's great for improving balance!
- 12** **Zigzag Car Race Circuit:** Using tape, draw out two parallel zigzag tracks as long as you can make them. Challenge your kids to race each other to the end with a toy car.
- 13** **Indoor Hopscotch:** Draw out an indoor hopscotch. Give your kids a bean bag or rolled up sock to toss and give them a different challenge to get to each number e.g hop, jump, star jump, stand up and sit down etc.



# BALL GAMES

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**Chair Football:** You'll need a softball or scrunched up paper taped in a ball. Set out your kitchen chairs in a circle and get each player to sit on one. The aim is to kick the ball between the other players legs to score a goal.

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**Bowling:** Use some tape to draw out your lanes, then use plastic bottles or build a plastic cups pyramid for pins. Use any kind of ball to knock down as many pins as possible. Make a score sheet or board to track points!

16

**Indoor Mini Golf:** Get creative with your kids, making an indoor golf course. You'll need some tape, some card, plastic cups and a kids golf set if you have one. Cut an A4 sheet of card into 3 equal pieces, then curve the card and stick them to the floor to make various tunnels. Add items around the house to make the course, such as laundry baskets and pillows. Tape a plastic cup to the end of each course as the hole.



# CARD GAMES

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**Cards Movement Game:** Grab a deck of cards and assign actions to each suit. Each player picks a card and has to complete the action as many times as the number on the card e.g. 3 hearts = hop 3 times or Jack spades = 11 star jumps. Each player keeps their cards and at the end of the game you can crown the child who completed the most actions the winner.

18

**Energy Snap Challenge:** If you have snap cards, assign each pair a different action. Play the game as normal, the first person to say snap must complete the action. The one with the most cards at the end wins.

19

**Animal Cards:** If you have cards with animals you could play some fun impersonation games. Create a pile of cards and get your kids to pick at random. For each card they have to act like the animal, doing the actions and noises for 30 seconds. There will be lots of giggles with this one!

# 3 OR MORE PLAYERS

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**Musical Pillows:** A small space version of musical chairs. Position pillows (one less than the children playing) around the room and play music while they dance around in a circle. When the music stops they must sit down on the closest pillow. The one without a pillow is out. Reduce the pillows and continue until there is one ultimate winner.

21

**Slow Motion Tig Your It:** Running around playing tig indoors isn't very practical, but this version is so much fun. The rules of the game are the same but there is one difference, everyone has to move really slowly. Anyone who goes too fast has to complete a forfeit such as 10 star jumps or hopping on the spot while the game continues. It's best if you referee this one!

22

**Movement Charades:** Write out some actions of your kids favourite characters or animals, this could be a superhero, a sports player etc. Put them in a bowl and get them to pick one at random. They then have to do the action or movement for that character with no sounds. The rest of the players have to try and guess who it is. Those who guess correctly get a point.

# ITEMS AROUND THE HOUSE

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**Basketball:** Use an empty laundry basket as a make-shift net. Tie string to the basket and hook the other end over a closed door, tying it to the door handle. Then get your kids to throw rolled-up socks or soft toys into the basket. Challenge them to make the farthest shot, or time them to get as many in as they can in 1 minute. Make them run to pick up any missed shots!

24

**Indoor DIY Cricket:** If you don't have a kids cricket set, you could make your own using long cardboard rolls (wrapping paper tubes are perfect). Line up three rolls as cricket stumps, then wrap and tie string around the middle of two pencils. Balance these on top of the cardboard stumps and get your kids to throw a ball or rolled up socks to knock them off. Make them fetch the ball each time!

25

**Cup Catch:** You'll need some plastic cups and a few ping pong balls or small objects. Get your kids to toss the items to a partner to try and catch it in the cup. Get them to start close together, then increase the space between them to make it more difficult.

26

**Colour Toss:** Tape coloured pieces of paper to the floor. Then using the same coloured bean bags or coloured rolled up socks, get your children to toss them on the paper. You can have a point system where they get 1 point if they land on a piece of paper, but 5 points if they land on the correct colour.

27

**Freeze Dance:** A classic kids party game, but high energy and fun. When the music stops everyone must instantly freeze. If they move, they're out. The last one standing wins!

28

**Egg & Spoon Race:** I'm sure we all remember this one. Rather than using an egg you could use a small round object or cotton wool (It's pretty tricky!). If they get the hang of it, create an obstacle course to increase the challenge.

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**Paper Plate Ring Toss:** You'll need some paper plates and empty kitchen towel rolls. Cut out the middle of the paper plates, then tape the cardboard rolls to the floor. Mark a start line and get your kids to toss the plates and get them over the cardboard rolls.

30

**3-Legged /4-Legged Race:** Another classic sports day challenge. Tie your kids' outside ankles together with a bandage or something soft and stretchy. Then get them working together to get to the finish line. Up the ante with an obstacle course made out of things around the house such as chairs, washing baskets, toys etc. This could be played with 2 or 3 children.

31

**Twister:** This is a great indoor game that gets the body stretching. If you don't have the game you could make your own with coloured paper and/or tape. Mark out a 6 by 4 grid, with different colours. Then you'll need 12 pieces of paper to write out each movement and colour e.g. Left Foot Red, Right Hand Green, to pick at random.



**Bubbles:** All children get excited about bubbles! Challenge your kids to run around and pop them before they touch the ground. Don't make it too easy and get them chasing the bubbles that try to get away.

33

**Parachute:** Get the whole family involved with this one. Grab a bed sheet with a person on each corner. Place balls, balloons or soft toys in the middle. The challenge is to try and fling them off someone else side while defending your own.

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**Sock wrestle:** The aim of the game is to get the other people's socks off without losing your own. Clear some space and get your kids sock wrestling on the floor. You'll want to monitor this one and make it clear that no kicking is allowed.

35

**Sticky Note Wall Bop:** Write a different letter on 26 sticky notes and stick them to the wall. Mark our a start line and get your kids to throw a soft ball, bean bag, stuffed animal or rolled up socks at the letters you instruct. Make sure they pick up their ball each time to!

36

**Airplanes:** Make paper airplanes and get your kids to throw them as far as they can. Encourage lots of running to retrieve the planes or get them to hop, skip, or crawl instead!

37

**Shuffle Race:** If you have a hardwood or tiled floor you can challenge your kids to a shuffle race. Get your kids to sit on a pillow case or an old t-shirt and use their arms and legs to scoot to the finish line. Add some obstacles if you have space.

38

**Target Practice:** Set up some targets such as empty bottles or stacked plastic / paper cups and have your kids try and knock them down with a Nerf gun or soft objects. Get them running around to collect their arsenal and reload.

39

**ABC Hunt:** Time your kids to find and bring back items that start with each letter of the alphabet – give them a checklist to mark off each letter as they go.

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**Mission Impossible Obstacle Maze:** In your hallway, create a mission impossible style challenge using crepe paper and tape. Strategically place tape so that your kids have to duck, crawl, and jump to get to the other side without breaking the paper.

41

**Obstacle Course:** Get your kids to create there own obstacle course using things around the house. Pillows and cushions to hop across, a table to crawl under, a blanket over two chairs to do the limbo. The possibilities are endless!

42

**Pillowcase Race:** An indoor version of the sack race using a pillow case. Get your kids to step into a pillow case and hold it up to their waist. Mark out a start point and get them to race to the finish line.



# NO EQUIPMENT

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**Alphabet Movements:** Write out a list of movements for each letter of the alphabet e.g. A = Alligator Arms, B = Bunny Bounces, C = Chicken Dance etc. Get your kids to do the movement for the letters of their name or pick them at random. You could also introduce a dice to the mix and get them to roll how many times they have to do each action.

44

**Kids Yoga:** Yoga isn't just for adults. Kids can join in too. Have a look at Youtube videos and get your kids trying the downward facing dog and the warrior 1.

45

**Simon Says:** The good old classic Simon Says. Get your kids moving around and being silly acting like farm animals and doing things on one foot.

46

**Crab Walk:** Teach your kids to crab walk, then get them racing across the room with each other. If they get the hang of it increase the challenge by placing a soft toy on their stomach. If it falls off they have to start again.

47

**Learn a Dance Routine:** There are tons of dance videos on Youtube. Join in with your kids learning a new dance routine.

48

**Hide-and-Seek:** Another classic kids game. Make it more active by getting kids to hide on different levels of the house. When a player is found they have to do a forfeit such as star jumps or sit ups.

49

**Chain-reaction:** The rules are simple, the first person starts with an action such as hop on one leg, then the next person has to perform the first action and then add on another, and so on. This continues until the chain is broken (usually forgotten), then that person is out. The last one standing is the winner.

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**Copy Cat:** You and your child stand facing each other. Get your child to copy your movements. Do star jumps, act like a chicken, run on the spot. Make it high energy and you'll be giggling and working up a sweat in no time.



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