



Four games to get the kids moving indoors

Here are some fun games to play inside.

Even if it is too hot or too cold to be outside, you can still find ways to move!

Indoor bowling



What you need

- Used plastic bottles
- A soft ball

What you do

1. Line up the used plastic bottles in a row.
2. Take turns throwing the ball at the bottles and see who can knock over the most bottles.
3. Keep score by writing down each person's score after each round. You can play for as many rounds as you like!

Ribbon limbo



What you need

- Ribbon or string

What you do

1. Choose two people to hold the limbo stick (ribbon or string) on either side.
2. Ask everyone to line up single file behind the limbo stick.
3. Walk forward and bend backward under the limbo stick one after the other.
4. If someone touches the limbo stick they are out.
5. Once everyone has had a turn going under, start again by lowering the limbo stick.
6. Whoever can limbo under the limbo stick the lowest is the winner.

Indoor obstacles



What you need

- **Obstacles! These can be anything around the house – boxes, cushions, pillows, blankets or chairs.**

What you do

The idea is to get the kids to go through fun obstacles doing different movements, such as jumping, hopping, and crawling while avoiding obstacles and being timed.

1. Clear some space in the living room and set up your course.
2. Get the kids to crawl under chairs then jump over pillows.
3. After these obstacles get the kids to do 5 star jumps then get them to balance along some sticky tape on the floor.
4. Whoever gets through the quickest wins!

HINT Don't forget to demonstrate the course to the kids so they know what to do. Use this as a guide and get creative and come up with your own obstacles.

Balloon tennis



What you need

- Paper plates
- Ruler or stick
- Tape
- Bed sheet
- Two chairs
- Balloon

What you do

1. Make your 'tennis racquet' by taping a ruler or stick to the back of a paper plate. You will need a racquet for each player.
2. Tie the bed sheet between two chairs to create your tennis net.
3. Blow up the balloon to use as a ball.
4. Take it in turns to serve and hit the ball over the net.

HINT You can make up your own rules around what makes the ball out and how points are scored. The main thing is that you are up, moving, and having fun!



Let's teach them Good Habits for Life

For more ideas to help get your family going, visit www.act.gov.au/goodhabitsforlife

