

30+ Active

Play Ideas for

Busy Days



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What can you do in just 5-15 minutes to get the kids active? Here's a big list!

For the Car - keep a few handy items in the car for some quick playtime at the park or in parking lots (also works for at home too!)

- **Bubbles** - kids love to blow bubbles and love to chase them!
- **Frisbee** - throw it back and forth a dozen times and you're done!
- **Inflatable ball** - easy to store, quick to blow up - have a little toss around while mom puts the groceries in the car
- **Horseshoes** - most parks will allow you to set up this quick and easy throwing game in the grass
- **Jump Rope** - great for solo kids or groups
- **Relay Races** - when you have no props, just go back and forth running!

For the Driveway and Backyard

- **Sidewalk Chalk** - not only is expressive, but kids have to move around a lot to draw large pictures. Or they can draw....
- **Hopscotch** - all that hopping is fast fun!
- **Recyclables** - build with large boxes destined for the trash
- **Ring Toss** - set up cones or even a stick and toss a rings made of pipe cleaners if you don't have an actual game set
- **Nature Walk** - you'll be surprised what you can spot in your own yard
- **Obstacle Course** - we all have plenty of items in the yard to go under, over, or around
- **Gardening** - older kids can plant fall bulbs, younger kids can dig up weedy spots - there's lots of movement in gardening!
- **Tag** - simple and effective
- **Catch** - again, it's the simple ways to get active that sometime get overlooked. Grab a tennis ball and just throw back and forth a dozen times a day!
- **Ladderball** - this is one you'd have to buy at the store, but a very fun game that builds hand-eye coordination
- **After dinner walk** - this is one of my favorites, and easiest!

For the House

- **Art Easel** - sounds simple but just getting kids UP from the table or couch to draw and create gives them some activity
- **Clean House** - why not get some help dusting and sweeping? It's important for kids to be family helpers and it gets them up and moving. Depending on age, kids can:
 - **Dust**
 - **Vacuum**
 - **Sweep**
 - **Return items to their proper room**
 - **Water plants**
- **Act out a story** - put a selection of favorite picture books in a pile like a deck of cards. Have kids pick a book and then act out that story for their siblings or friends.
- **Scavenger Hunt** - either hide some pennies around the house, or make a list of items for them to find.
- **Bean Bag Toss** - can be a gentle way to get some physical activity inside the house (also great for the driveway). No bean bags? Use a funnel to partially fill a few balloons with rice or corn and tie off.
- **Hide & Seek** - if you're brave! :)
- **Indoor Golf** - use painter's tape to put some large cups on the floor, then use gift wrap tubes and a light ball to play!
- **Gift Wrap Sword Fights** - again, if you're brave. Or have a basement! :)
- **Marching Band** - create instruments out of household items (pasta in a box, wooden spoons on a bowl, etc), and have kids march around the house playing
- **Paper Airplane Throw**
- **Indoor Bowling** - either with a game set, or set up empty toilet paper tubes and use a lightweight ball
- **Ball Pit** - if you have younger kids, use a pack n play, older kids you might inflate a kiddie pool and fill with those play balls for some fun. This can get a bit messy but it's so fun!
- **Balloon Toss** - balloons take up no space until you inflate them, and are easily disposed of afterwards - this is a great item to keep in the car as well for a quick game.