

Rainy Day Physical Activities

Fall and winter bring many gray and rainy days and you may not feel like playing outside. It is tempting to play games on the computer or watch TV for hours. It is okay to sit in front of the computer or TV for a short time, but we also need to make sure we keep our bodies healthy even on cold and rainy days. Our bodies can only stay strong and healthy if we get enough exercise. There are many activity games you can play inside your house.

Try these activities:

- Turn on your favorite music and DANCE!



- Plan an indoor scavenger hunt!
- Play a game of twister or charades!
- Make an indoor obstacle course!
- Clean up the house and maybe earn some money too!
- Play Foot Volleyball!
- Play or Barefoot Ball!
- Play an active video game like *Just Dance*!



Instructions for Foot Volleyball (from familyfun.com)

1. To play, blow up a 10" balloon and tie a piece of yarn or string across a 10-foot playing area, about 1 foot above the floor. Divide the players into 2 teams and have them set up crab style (face-up, leaning on their hands and feet) in their stocking feet on each side of the string.
2. Use a coin toss to determine which team will serve first, then have 1 player on that team launch the balloon into the air for a teammate to kick over the string to their opponents.
3. The teams kick the balloon back and forth, taking all the hits they need to send the balloon to the other side. If one team lets the balloon touch the floor, the other team earns 1 point and restarts the game by serving the balloon from their side. The first team to reach 15 points wins.

Instructions for Barefoot Ball (from familyfun.com)

1. Have each player remove a sock, ball it up, and label it with tape if it looks the same as another. Set a hat or bowl as a target on one side of a room and mark a tossing line on the other (the farther away from the target, the better).
2. Players then take turns standing at the line on one foot trying to toss their sock into the target. Whoever succeeds (or, if no one does, gets closest) gets 1 point. The first person to score 5 wins.