

Balloon Toss

Hey kids, try this safe and fun game in your den or living room. Ask mom to purchase a pack of 12 large balloons. Blow the balloons up and gather them in the middle of the room with your family or 2 or more friends. Play your favorite song and try to keep one balloon up in the air for the entire song. IF you can keep one balloon in the air for the entire time, try keeping two, then three, then more balloons in the air for the whole song!!

Balloon Pop

Hey kids, try this safe and fun game in your den or living room. Ask mom to purchase a pack of 12 large balloons. Print out the sheet below, cut out each activity, fold and put inside each balloon. Blow the balloons up and gather them in the middle of the room with your family or 2 or more friends. Play your favorite song and try to keep all 12 balloons up in the air for the entire song. When the song ends grab the nearest balloon, pop it and do the activity on the paper inside the balloon. Keep playing until all of the balloons have been popped.

Do 20 jumping jacks	Do your favorite dance for 3 minutes.	Karaoke to your favorite song.
Do 10 wall push ups.	Do 30 crunches.	Do 20 hot seats (squats)
Say the "Pledge of Allegiance" while marching in place.	Recite the alphabet backwards while running in place.	You win a Wise Mind prize! Bring this slip to your teacher at school.
Do the bunny hop to your favorite song.	Spell your first and last name with your body.	Shoot 20 imaginary hoops.

Balloon Battle

Hey kids, try this safe and fun game in your den or living room. Ask mom to purchase a pack of 12 large balloons. Blow the balloons up and gather them in the middle of the room with your family or 2 or more friends. Stretch out a jump rope to create a boundary line. Place the 12 balloons on the floor along the boundary line. Split up into two groups and stand on either side of the boundary line. Play your favorite song and push the balloons to the other side of the line with only your hands (KICKING IS NOT ALLOWED IN THIS GAME). When the song ends everyone freezes in place and the side with the fewest balloons wins!

Physical Activity Center (PAC) Search

Hey kids, ask mom and dad to help you create your own PAC in your den, living room or bedroom. Find a large plastic clothes hamper or tub and put it in the corner. Now, click the timer below and search the house for items that you can use to play indoors. You have 10 minutes. When the timer buzzes, go to your own personal PAC and do your favorite activity with mom & dad. Here's some ideas below:

- Costumes, dress-up clothes, and accessories like crowns, wands, toy shields, armor, masks, vests, belts, shoes, hats, grass skirts, scarves, play jewelry, wigs, and so forth
- Boom box with various dance music tapes or CD's
- Microphone, drums, toy musical instruments, stage curtains
- Puppets, marionettes, magician kits, various stuffed animals
- Batons, small flags, pom poms, streamers, hula hoops
- Foam mats and wedges, indoor tents, large building blocks or cardboard boxes, bean bag chairs, soft pillows, old blankets, sheets
- Hop scotch mat, action games like Twister, Charades, Simon Says, Follow the leader
Paddle balls, indoor ball toss games, bean bags, juggling balls, hacky sack
- Kid-safe dart boards or other target games
- Indoor basketball hoop and soft foam balls
- Jump ropes, skip-it, small kid-safe hand weights, exercise stretch bands.
- Small pull/push toys or plastic wagons
- Toy household cleaning items such as brooms, mops, vacuum cleaners, feather dusters
- Toy kitchen, restaurant and accessories
- Indoor riding toys.

Fear Factor Fit Play:

Hey kids, try this fit version of the game, “Fear Factor”. There are five different challenges listed below. **YOU ONLY HAVE FIVE MINUTES TO COMPLETE THE GAME!** If you run out of time, you’ll have to repeat the challenge. When you finish all 5 challenges in five minutes, it’s time for your mom, dad, brother, sister or friends to have a turn. See who gets the “fastest time” and they are the **FIT FEAR FACTOR WINNER** for the day!! Best two out of three, anyone?

START THE CLOCK ...

1. Run to your room and try on 5 pairs of shoes in your closet and then run back to the computer.
2. Run to the back door, open it, close it, lock it and unlock it and then run back to the computer.
3. Run to your bedroom and pick up three pieces of dirty clothes and take them to the laundry room. Then run back to the computer.
4. Run to kitchen, unload 5 items from the dishwasher or wash 5 dishes in the sink and run back to the computer.
5. Go to the den or living room, do 5 crunches, 5 wall push ups, 5 hot seats (squats) and 5 jumping jacks and then run back to the computer.

STOP THE CLOCK (record or remember your time) IF YOUR TIME IS LONGER THAN FIVE MINUTES, REPEAT!!