Sock Basketball: Ball up socks and throw them into a bucket, pail or bowl.

Play Simon Says, Mother May I, or What Time is it Mr. Fox!

Create an indoor obstacle course! Use objects around you to create a course to climb over and crawl around!

Put a small toy in water, place it in the freezer then take it out later to play with.

Freeze Dance: Put on music and dance, pause the music periodically... when the music stops, everyone stops dancing and hits a pose.

Make a fort: Use blankets and furniture to make a fort to hang out in!

Place objects inside a box and have someone close their eyes. Have them touch the object and guess what it is!

Go with an adult to take a sound walk. Sound walk: walk outside and count or record how many different sounds you hear.

Read a book to a toy or stuffed animal.

Pictionary: One person draws a picture while the other person/person(s) guess what it is.
Put on a favorite song and make up dance moves for the song!

Fold paper airplanes and have a contest to see which ones fly furthest!

Create a color scavenger hunt! Find objects around you for each color of the rainbow. Can you find all the colors in every different room?

Write the alphabet (one letter at a time) with your whole arm in the air. Then try it with different body parts such as your foot or elbow!

Put on a song and place a tissue on your head. Dance around to the music without letting the tissue fall off!

Ask an adult what you can do to help out around the house.

Practice tying your shoes or drawing stars, anything that you can’t do yet but with practice you can!

Lip sync battle: Put on a song and pretend to sing by lip syncing against others.

Listen to calm music and stretch your body slowly.
Call or text a family member to share a silly joke! Example: How much does it cost a pirate to get their ears pierced? A buccaneer!

Read a book then draw a picture of what you read!

Read a book in an unusual place like under the kitchen table!

Hot Potato: Play music and pass around a small object. Pause music now and then. When music stops, the person with the object is out!

Alphabet scavenger hunt! Find things from all over the house for each letter in the alphabet!

Play Story Share: One person starts a story with one sentence. The next person adds on another sentence and so on!

Feelings Charades: act out feelings and have someone guess what feeling it is!

Charades: Act out a person, animal, thing without using words and have someone guess what it is

Try to create a drawing without picking up your writing utensil from the paper

Make a list of things you want to learn more about, then research them later