



## ***Indoor:***

Jumping Jacks  
 Burpees  
 Push-ups  
 Chair push-ups  
 Indoor Yoga (yogarilla card deck)  
 Donkey Kicks  
 Simon Says  
 Hide and Seek  
 Blanket tug-of-war  
 Bean bag toss  
Paper plate ice skating  
 Rolling/bouncing on an exercise ball  
 Charades  
 Masking Tape Balance Beam  
 Throw paper airplanes  
 Pillow fight  
 Jump in pillows  
 Flashlight Tag  
 Playdough  
 Kinetic Sand  
 Legos  
 Limbo  
 Balloon volleyball  
 Indoor trampoline  
 Wheelbarrow walks  
 Animal walks  
 Obstacle course  
 Dance party  
 Use a bike pump  
 Masking tape hopscotch

## ***Outdoor:***

Hopscotch  
 Bozo bucket ball toss  
 Hoola hoop  
 Dribble/shoot a basketball  
 Leap frog  
 Roll down hills  
 Dig in dirt  
 Trace shadows with chalk  
 Bounce ball on wall  
 Wheelbarrow walks  
 Beach ball toss  
 Ride bikes  
 Bounce a ball on a line  
 Collect sticks  
Hammer golf tees into ground  
 Climb trees  
 Play catch  
 TV Tag  
 Collect nature  
 Jump rope  
 Pull a wagon  
 Blow bubbles  
 Pool noodle balance beam  
 Animal walks (Bear walks, Crawl like a bug, Fly like a bee, Creep like a caterpillar, Slither like a snake, Hop like a frog, Waddle like a duck, Waddle like a turkey, Prance like a reindeer, Gallop like a horse, Scurry like a squirrel)