

Get Creative

Make a family menu full of nutritious choices with what you have available. Use the Build a Meal poster to help you create your menu.

Make your very own brain break spinner.

Use unique materials to create a card for a family member or friend.

Turn on the fit Music Playlist and have a dance party!

Build towers with blocks.

Write or draw pictures in the sand. No sand? Use sugar or flour in a plastic bag and lie flat.

Create a maker space. Find art supplies and miscellaneous items to make original creations.

Play with shaving cream! Spray a glob of shaving cream on a table and get messy!

Create Peace Rocks.

Make a Calm Down Bottle.

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Get Moving

Try a fitWorkout Video! (fitBoost Sport Moves, Full Body Workout or Jump Rope and Hula Hoop)

Try Yoga as a family (Yoga Flow, fitFlow, Yoga for Kids)

Indoor Bowling: Fill up water bottles and use any ball you have.

Have each family member create their own Move Timeline.

Scavenger Hunt: Write up clues and hide them around your home. Kids race to find each clue, leading them to a small prize at the end.

Hopscotch: Use tape or chalk to make a game on you floor inside or outside of your home.

Use a deck of cards for exercises. The suit is the type of exercise and the number is the number of reps.

Animal Races: Hop like a rabbit, waddle like a duck,

Balloon Ball: Try to keep it off the ground or play catch.

Indoor Ice Skating: Attach paper plates to children's feet and watch them "skate" through the home.

Get Together

Have a family board game tournament. The winner of each game gets to choose the next board game they play. Most board games help teach logic, critical thinking, and strategies.

Share reading: Ask your child to join you in reading a book. Read the pages together, or have your child point to the words while you read. Be expressive!

Play a game of cards. Go Fish and Slap Jack are easy to learn and fun to play.

Go on a Healthy Food Hunt in your home.

Check out these Healthy Cooking recipes you can make with your family.