



BOYS & GIRLS CLUBS
OF GREATER KANSAS CITY

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Great Futures



**Fun activities for kids and
families to do inside.**

1. Sleeping Bag Wrestling

Clear out the coffee table in your living room. Then have your kids put sleeping bags over their heads and wrestle each other. You'll need to be the referee to make sure no one gets hurt and that everyone can breathe. Add music to make it more fun. You can even be the announcer and do pro-wrestling intros.

2. Four Corners

Sit down in the center of the room and assign a number to each corner of the room. The person in the middle is blindfolded while everyone on the outside chooses a corner of the room to stand in as quietly as they can. The person in the middle then chooses a corner. Everyone in that corner is out. The game continues until there is one person left and he/she is the winner.

3. Stuffed Animal Grab

Clear out space in your living room. Take a cheap/old stuffed animal—one no one is emotionally attached to—and put it in the middle of the room. Assign each family member a numerical value and sit on their knees on different sides of the stuffed animal. Everyone should move as far away from the animal as they can while also being the same distance. Call out two numbers and the goal is for them to get the stuffed animal back to their area. Do multiple rounds and start calling out more numbers than two at a time. In the end, the stuffed animal gets ripped apart.

4. Sardines

Take advantage of the lack of sunlight. This is reverse hide-and-seek in the dark. Close all of your blinds and the drapes. Try to get your house as dark as possible. Start with everyone outside and send in one person to hide. Then everyone else goes in to find the hider. When someone finds the hider, they simply sit down next to them. The loser is the last person to find the group.

5. Pillow Joust

Create space and put pillows on the floor for a soft landing. Parents get on all fours as horses. Kids ride the horses and lock their feet under the parents' bodies if they can. The kids are armed with a pillow and attempt to knock off their competitor. Riders are not allowed to put their feet on the ground or they're out.

6. Name That Tune

Pretend like your kids are on a game show. Play songs for them to guess. They could be tunes from their favorite TV shows. However, just like a game show, in order to answer, they have to buzz in. Have your kids put pots on their heads. Give them wooden spoons or ladles. If they know the song in order to chime in they have to tap the pot on their head with the spoon. When someone answers correctly, their competitors have to eat really sour candy. This also happens when someone answers incorrectly.

7. Wastepaper Shootout

This is like the 3-point competition during NBA All-Star Weekend. Take two buckets, wastepaper baskets, or large bowls and put them in front of your kids at a certain distance. Each kid has his or her own designated bucket. Give them a stack of paper. They have to take the paper, crumple it, and shoot as many sheets as they can in one minute. Play music to make it more fun.

8. Learn a Dance

Go on YouTube and find a popular dance. Learn it as a family. Don't worry if you aren't a good dancer. That isn't the point. Have your kids help you and laugh together? If you are a good dancer, help teach them.

9. Leg Wrestling

This is like arm wrestling, but with legs. Have your kids lay on the ground with their heads on opposite sides and their hips even. Have each one lift the leg that is closest to the other person to a ninety-degree angle. Then have them cross their legs with each other. When you say go they try to pull the other person's leg to the ground on their side.

10. Inch Worm Race

Have two of your kids stand with their arms to their sides. Take saran wrap and wrap them all the way to their shoulders. Then carefully lower them to the floor face down. Be very careful—we don't want any broken noses. Place two small bowls of applesauce at the other end of the room. When you say go, they have to inch-worm across the room, eat the apple sauce, and then inch-worm back.

11. Tape Roads

For this activity, you will need tape, toy cars and some imagination! Simply make roads out of the tape. We also made a parking lot because my youngest son really likes parking cars.

Kids will love driving the cars up and down the DIY roadways. For extra play, you can add additional details, like houses made from wooden blocks or LEGO.



12. Tape Peeling Races

Place long strips of tape on a clean surface, such as a table or countertop. Each player gets their own piece of tape to peel. The objective is to be the person who peels the entire piece of tape off the fastest!

Peeling tape is great for working on fine motor skills development and kids will love racing to finish first.

13. Pick Up "Sticks" Inspired Tape Game

I loved the game *Pick Up Sticks* as a kid, but I know my kids would get frustrated playing it at their current ages. As a variation, try playing it with tape.

Start by layering multiple pieces of tape in different directions on a clean surface. Take turns peeling the layers of tape off without removing or ripping other pieces of tape. This activity is great for working on social skills such as turn taking, but it also targets fine motor skills.

14. Tape Tic-Tac-Toe

Try making a giant tic-tac-toe board with tape. You can use toys to play the game, but we prefer to turn this into a gross motor game using our bodies. This game gets the kids moving, stretching and, most importantly, giggling.

Using only hands, feet and the occasional head, two kids can easily play a game of tic-tac-toe! Just be sure to put only one body part in each square. This activity is like a combination of Twister and tic-tac-toe.



15. Movement Races

You'll need a lot of open, obstacle-free space for this activity.

Mark one end of a room with a piece of tape to create a starting line and mark the other end of a room with a second piece of tape to create the finish line.

Encourage your kids to try some of the following gross motor ideas:

- Run back and forth from line to line a certain amount of times. Encourage kids to bend and touch the lines with their hands.
- Roll like a log from one line to the other.
- Try wheelbarrow races. One person holds a person's ankles up while that person walks to the other side of the room using their hands.
- Experiment with different animal walks such as: hopping like a kangaroo, walking like a crab, galloping like a horse, etc.

16. Tape Letters & Numbers

Practice making letters and numbers using only tape. Depending on your child's age, you might have to help cut or rip the tape into different sized pieces.



Some fun extensions on this activity:

- Experiment on a vertical surface, such as a window or wall.
- Trace the letters with fingers to practice handwriting skills.
- Draw on the tape letters with a marker to again practice handwriting skills.
- Practice writing your child's name in tape.
- Depending on how big your letters are, your child could walk along the letters like a balance beam.
- Practice sight words.
- Make tape resist crafts (see next activity) using letters or names of people.

17. Tape Resist Crafts

To make tape resist crafts, you will need tape, paper and something to colour with (you could use markers, paint, dot markers or crayons).

Create a design on the paper using tape. Then colour the entire paper with the chosen art supplies. Let the paper dry completely if you are using paint.

When dry, peel the tape off to reveal the hidden design! Some ideas for inspiration:

- Make a heart for Valentine's Day.
- Write MOM or DAD for a simple Mother's Day or Father's Day craft.

18. Tape Balance Beam

Encourage your kids to work on their sense of balance and gross motor skills by making a balance beam. Simply place a strip of tape on the floor.

You can also create fun-shaped balance beams for specific holidays, such as a spider web for Halloween or a heart for Valentine's Day.

19. Tape Hopscotch

Create an indoor hopscotch game using only tape. It's a great way to work on number recognition, counting and gross motor skills!

20. Tape Mazes

My oldest son is a bit maze-crazed, so together we created a large floor maze using only tape. And he absolutely loved it!

It takes a lot of planning and creativity to create a maze that actually works, but my son was up for the challenge. Once the maze is built, let the kids run different toys or even their fingers through the maze.



21. Zigzag Tracing

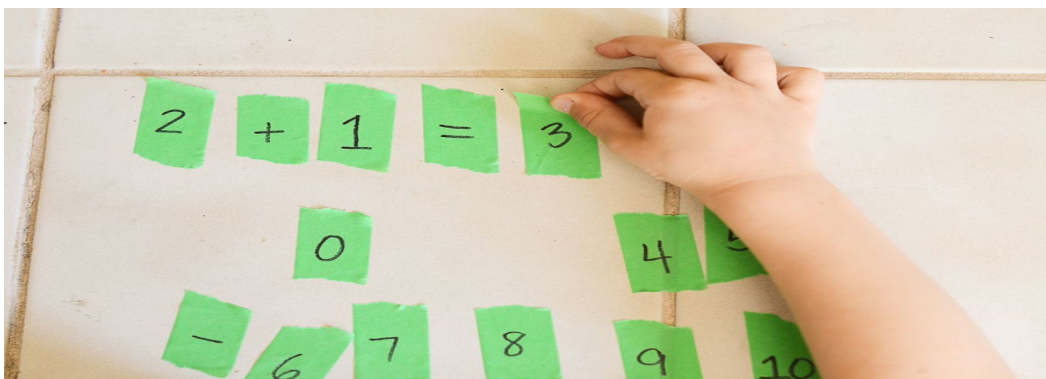
Zigzag tracing is a great prewriting activity for toddlers and preschoolers. Simply use the tape to create different zigzag-like designs. Then encourage your child to trace the designs with their fingers.

Be sure to try this activity on a vertical surface such as a window or wall.

22. Tape Math

For this activity, you will need tape and a permanent marker.

Rip small pieces of tape and label them with numbers, as well as an addition sign, a subtraction sign and an equal sign. Encourage your kids to solve math equations, appropriate to their skill level.



Some other variations to try:

- Put the tape numbers in order from smallest to largest or largest to smallest.
- Create a matching game using numeral form and written words (e.g., match 2 with two).
- Use tally marks or Roman numerals instead of regular numbers.
- Try letters instead of numbers and practice spelling sight words or your child's name.
- Try an uppercase and lowercase letter matching game by labeling the tape with both the forms of the letters (e.g., H and h or A and a) and encouraging your child to match the pairs.

<https://www.cbc.ca/parents/play/view/12-ways-to-play-with-a-roll-of-tape>

<https://www.allprodad.com/10-indoor-activities-to-do-with-kids/>

Paint Rainbows with Bubbles

To create these bubble blower paintings, mix bubbles with food color of choice and then use bubble wands to blow the bubble mixture onto the paper of your choice for creative and beautiful designs that will delight your kids!

Get Messy With Some Splatter Painting

For a cheap, easy, and fun outdoor art project, you cannot go wrong with splatter painting!

Make Your Own Playdough

Your children will first get to entertain themselves as they prepare the playdough with this recipe. After making the playdough, they will have a fun craft to play with all afternoon.

Go On A Backyard Bug Hunt

Teach your kids about the different types of bugs and get them out of the house with this easy checklist!

Plant Grass Seed in Eggs for an Adorable Gardening Lesson

Help your kids discover their green thumb with this adorable gardening project. All you need is egg shells, dirt, and your seeds of choice!

Quiet Indoor Activities for Kids to Wind Down

Make a Toddler Zen Tray



Photo Credit: Architecture Art Designs via Little Hearts Books

This is a wonderful sensory activity to help toddlers wind down before nap time. Make your own with a tray, rice, and paint brushes!

Build a DIY Tent to Read In

Have you kids put together a DIY tent to relax and read in. If you are looking for tent ideas, we love this list for inspiration!

Try These Sponge Blocks

These easy-to-make sponge blocks are a quiet alternative to traditional building blocks.

Put Together “Busy Bags”

This is a great way to keep your kids occupied while you sleep in on a weekend or get some work done in the afternoon. Check out these 10 totally unique ideas from Powerful Mothering.

Create Quiet Time Boxes

Similarly, these quiet time boxes filled with coloring supplies, toy animals, and other supplies, are an excellent way to keep your toddler entertained when they just don't want to take a nap!

Introduce Your Kids to Yoga

This is the perfect way to help your kids wind down after a long day of fun in the sun. Not sure where to start? Check out these 30 easy yoga poses for children.

Do Some Old-Fashioned Coloring

Coloring is an easy way to help kids fit in some quiet time in the midst of our always-on-the-go culture! For ideas, check out these free printable resources suggested by Inner Child Fun.

Enjoy a Puzzles & Pajamas Picnic

This is such a sweet way to help kids relax after a busy day! All you need is some puzzles, pajamas, and your kid's favorite snacks.

Play the Quiet Game

If you are in need of some much-deserved relaxation, set you kids up with this fun twist on the quiet game! It will keep you kids entertained while you regain some much-needed sanity.

Set up Your Very Own Drive-In Theater

Your kids are going to love this one-of-a-kind movie viewing idea! The best part is, you can first focus on making DIY cars out of cardboard box and then sit back and relax while your children enjoy the fruits of their labor.

Craft/Stem Kits

- provide materials and instructions for different art or stem projects. We could create a different project each day. Make kits at home and bring them to the club. Here are some STEM project ideas

<https://littlebinsforlittlehands.com/easy-simple-stem-activities-challenges/>

- **Scholastic (Free!) "Learn from Home" website (Internet Required)**

<https://classroommagazines.scholastic.com/support/learnathome.html>

- Provides up to three hours' worth of content each day and can be completed on any device. Each day of content is filled with exciting articles and stories, videos, and fun learning challenges, The students can even of on virtual field trips and meet best-selling authors. Available in 4 categories: Pre-K and Kindergarten, Grades 1 & 2, Grades 3-5, and Grades 6+.

- **Olathe Public Library (Internet Required)**

- A list of cool education sites for kids

<https://www.olathelibrary.org/kids/kids-recommended/cool-sites-for-kids>

ABCya is really cool tool for at home learning

- eBooks, eAudiobooks, eMagazines etc. are all available for download with the online catalog

- **Board game check out**

- We could buy games and have them available for the kids to "check out" for a day when they come to pick up meals. When they return we will count all the pieces together to make sure everything is there. Games like Sorry, Trouble, and Uno are super cheap at target or we could ask for donations from the community for old games.

● Books

- Create a book log for club members along with books from the club as needed.
- -Book reading contest: whichever classroom reads the most pages (books, magazines, newspapers, etc) gets a pizza party or some celebration when we return. Distribute tracking sheets and have parent sign off on it for integrity
- **-Move minutes:** track number of minutes spent exercising or being active each day. This could be playing outside, jumping jacks, yoga, running, etc. Distribute tracking sheets and have parent sign off on it for integrity
- **Daily Challenge:** create a daily challenge list where kids try to accomplish one thing per day. It could be something like "bake something" or "create a self portrait" or "build a house of cards". Just simple little activities that will get them away from the screens for a half hour or so and motivate them to try new things
- **-Talent Show:** we could do a stay at home talent contest where the kids record their talent and then we can create a compilation video when they return and announce a winner!

Teen Activity List To Do

Internet Websites with educational components

We know that missing school isn't easy for your kids-or for you. But we also know that there are simple ways to turn unexpected time at home into exciting opportunities for your student to learn, think, and grow. www.scholastic.com/learnathome www.coolmathforkids.com
www.fungames.com

All the information you need to check out books from the KC Public Library from the comfort of your home. Choose your platform and download the corresponding app to checkout eBooks for free. <https://www.kclibrary.org/books/ebooks>

Travel + Leisure Magazine has provided links to take viral tours of some of the best museums in the world. <https://www.travelandleisure.com/attractions/museums-galleries/museums-with-virtual-tours>

Trivia Kahoot: The Teens and teen staff will have a Kahoot game that I will send the code to them through our group chat and play daily with our teens.

Teen Group Chat: I will have a teen group chat to still conduct teen topic (issues, concerns, questions etc.....) for the teens to reach out to me or each other if they feel the need. Especially with the Covid 19 Virus and other concerns that they may have. This is to show them that even though they may not be physically here we are still here for them no matter what and that they can reach out to us at any time.

Tik Tok Video: Myself and Teen staff will do a tik tok video and send it out to our teens to do themselves and they have to send us their version of the best tik tok video and whoever makes the best one wins a prize when we reopen.

Web based activities

Kansas City Public Library eBooks

All the information you need to check out books from the KC Public Library from the comfort of your home. Choose your platform and download the corresponding app to checkout eBooks for free.

<https://www.kclibrary.org/books/ebooks>

Kansas City, Kansas Public Library also offers downloadable content.

<https://ecommunity.kckpl.org/>

Learn about famous artists, art movements and the history of art around the world.

<https://www.ducksters.com/history/art/>

Find fun and equipment-free workouts

https://www.xplorenutrition.com/blog/workouts?fbclid=IwAR22KL0cNYQM_zOktaNLcHJHQeclepE_jY9oxth4kQ-uuPNQGuslJcn9ZRE

Watch videos on topics from the Declaration of Independence to the famous artist

Rembrandt <https://www.youtube.com/user/watchfreeschool>

Race the clock and test your knowledge on topics like the NBA and U.S. Presidents

<https://www.jetpunk.com/tags/all>

The Khan Academy is great for MAP testing prep and assistance learning new concepts.

<https://www.khanacademy.org>

Stay sharp and get a taste of college life in the Ivy Leagues with free courses being offered by all eight Ivy League schools.

<https://www.freecodecamp.org/news/here-are-380-ivy-league-courses-you-can-take-online-right-now-for-free-9b3ffcbd7b8c/>

The Cleveland Inner City Ballet school is offering ballet lessons online so our young dancers can stay "en pointe!"

<https://www.clevelandinnercityballet.org/>

Gross motor games

Large motor skills War – Deal an even number of cards to each player. On the count of three, everyone throws out a card. The person with the highest card collects everyone else's card AND determines an activity that everyone must do for the number of reps that the highest card represents (i.e. 9 jumping jacks).

Minute to Win It

These goofy games, with the bonus of competition, are the perfect way to get the older kid crowd on board with working on motor skills. Set a timer and see who can complete the challenge first!

–Balloon toss

–Cup race

–Book Balance

–Defy Gravity

Yarn laser course

Weave yarn through furniture and try to make it all the way through the course without touching the yarn. If you touch the "laser" you go back to the start of the course.

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