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## Physical and Mental Indoor Activities for Families

What's there to do while stuck indoors? Take a break from that new Netflix show or video game to engage in a physically or mentally challenging activity that can include your family.

We have some ideas to help keep everyone busy. If you are healthy and have found yourself with extra time on your hands, or trying to decide what to do while you're stuck at home, try one of our top 5 activities that can challenge you physically and mentally to liven up your home.



### 1 Cook Together As A Family.

Anyone can learn in the kitchen. Kids can learn a range of skills in the kitchen, even when they're exploring on their own. They can learn social skills, communication skills, collaboration and more when you cook together as a family. See what items you have in your pantry and get a little creative with a new recipe.

### 2 Party Quirks.

It's the ultimate party game. Make one person in your family pretend to be hosting a party with surprise guests coming over. Everyone else chooses a fake identity to act out, such as "Superman, desperately trying to save Lois Lane" or "A photographer that insists he just got a picture of bigfoot". Keep these personalities until the host has figured out who you are.

### 3 Yoga Jenga.

Use a pencil to write down a yoga move on each JENGA block. Set up the tower and play the game as usual, but every time a block is pulled out, every player has to do the specific yoga move. If the tower falls, plank for 30 seconds.

### 4 Dance It Out.

Not only is dance a unique way to stay active, but it is also a great stress reliever and promotes self-expression. Create an upbeat playlist, turn up today's hits and get movin'. Check out YouTube to find kids' dance fitness videos for inspiration.

### 5 Questions Only.

The premise is simple. Engage a conversation with your partner, but you can only speak in the form of a question. If one person runs out of questions to ask or doesn't speak in the form of a question, another person steps in to take their place in the conversation.

