

Active PLAYces Games Manual

Indoor Kit



****This manual is an ever-changing list of games. As new games are learned they will be added to the manual, if there are games that are no fun we may remove them so check back often for updates!****

Land, Sea and Air

Supplies needed:

- Children with lots of energy
- Optional: painter's tape

Rules – Divide your space into 2 distinct areas (this is where the tape can be used but isn't necessary). One area is "LAND" and one area is "SEA". The leader (this can be a parent/guardian or child) calls out "land" or "sea" or "air". When the leader calls out "LAND" the players go to the area designated as "LAND". When the leader calls out "SEA" the players go to the area designated as "SEA". When the leader calls "AIR" the players jump.

There is no time limit for this game and there are no winners in this game (except mom) and it is a great way for the kids to burn off a lot of energy.

Anytime SNOWBALL Fight

Supplies needed:

- Balled up socks

Rules – make at least 2 teams. Give each team some balled up socks. Players run around and try to hit the other team with their "snowballs". Players can go anywhere and hide anywhere. They can build forts to hide in also. The snowballs can be thrown back and forth so the game keeps going even after you have thrown all your socks.



String Maze

Supplies needed:

- Any kind of string (yarn is good) and you will want a lot
- Painter's Tape

Rules – Guardian uses string to create a maze through a space. String can be tied to things (doorknobs, chairs, light fixtures etc.) or taped to things (walls, countertop etc.). Once the maze is set up the players try to navigate the maze without touching any of the string. Take multiple trips through the maze to find the best route(s).



Kick it up a notch – try creating multiple levels of difficulty by using different coloured string. You can only go OVER blue string and UNDER red string etc. Or add bells to the string so that everyone knows if you hit a string in the maze.



Tape Challenge

Supplies needed:

- Painter's Tape

Rules – Guardian will put 5 -10 lines of tape on the floor. The tape lines only need to be 12-18 inches long. They should be spaced about a foot apart. Then the leader gives the challenge – for example: Standing Two-Foot Jump. The players each have a turn and try to go as far down the tape lines as they can. You could try for personal bests in order to avoid “winners and losers”.

Other challenges to try:

- Run and Jump
- Backward Jump
- Jump and Spin
- Sit and Stretch
- Lay and Stretch
- Add your own!

Balloon Volleyball

Supplies needed:

- Balloons
- Painter's Tape



Rules – Guardian will put a piece of tape across a doorway and blow up a balloon. The players will then hit the balloon back and forth over the tape. Each “team” can hit the balloon 3 times on their side (the balloon must go over the tape on the third hit) or the other team scores a point. If the balloon hits the ground on your side of the tape the other team scores a point. Guardian can decide if there are “out of bounds” based on your particular space.

Kick it up a notch – For players who are more advanced you can limit the number of hits to 2 or even 1 per team.