Thanks to the colder weather and shorter days, snuggling up on the coach to watch TV is even more tempting than usual. No matter what Mother Nature brings, it’s important to note, however, that your kiddos need to keep moving.

As you know, a successful nap time isn’t the only reason it’s important for your kids to burn off energy. When they get enough active play, there’s a marked improvement in their cognitive abilities, academic behavior and overall attitude, according to the Heart and Stroke Foundation.

- **Children aged 3 to 5 years** need physical activity throughout the day, every day for growth and development.
- **Children and adolescents aged 6 to 17 years** need at least 60 minutes of moderate-to-vigorous intensity physical activity daily.
- **Adults need 150 minutes** a week of moderate intensity activity such as brisk walking for health benefits.

Regardless of your age, some physical activity is better than none.

### FAMILY FUN ACTIVITIES TO KEEP MOVING

**FREEZE DANCE**
Shaking it off to a few favorite jams is a surefire way to get your kids off the couch. To brush up on listening skills, try freeze dance. The rules are simple: dance when the music plays and when the designated DJ stops the music, everyone freezes.

**BALLOON VOLLEYBALL**
Make a net by tying a piece of yarn from one chair to another. Then blow up a balloon and start practising those serving skills! Change things up a bit by kicking or head-bumping the balloon.

**BOOK-WORM WORKOUT**
Pick a book that has a word that’s often repeated. For example, choose the word “hat” if you’re reading The Cat in the Hat. Every time the word comes up in the story, get your kid to do a jumping jack.

**HALLWAY SOCCER**
Start by setting up a net on opposite ends of the hallway by placing some masking tape on the floor. After dividing into teams, grab a small plastic ball and let the fun begin.

**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, do the plank for 30 seconds.

**HULA HOOP**
As long as you make sure that you’re not too close to breakables, hula-hooping is a great indoor activity that helps strengthen core muscles. If you’re looking to switch things up a bit, try hula-hooping while walking backward, or spin the hoop around your ankle or arm.

**BROOM HOCKEY**
Use masking tape to set up a net on opposite ends of the hallway. Divide into two teams, making sure every player has a small broom. Use a tennis ball as your hockey puck. The first team to get 10 points wins.

**SET UP A MAZE**
Turn the hall into a “laser” maze with yarn. Zig-zag yarn from varying heights and challenge your kids to get across without touching the laser.

**ACTIVITY STATIONS**
Make signs and each ‘area’ has an activity: jumping jacks, crawling through tape/rope, planking etc. Set a timer, then rotate through the stations.

**GONOODLE**
Teachers often use the website GoNoodle for indoor recess days. Tons of physical activities that you can do in a small space—[gonoodle.com](http://gonoodle.com)

Source: www.todaysparent.com