



Let's Burn Some Energy!

Do you need some ideas for your kids to burn that extra energy while inside when the weather is cold and gloomy? You could even use these ideas as an e-learning study break!

Here are some fun creative ideas to help develop generalized strength and coordination as well as burn some energy!

Activities are always more fun when there is an end result. Use incentives!

- *complete a puzzle when doing the obstacle courses
- *while playing board games do 5 jumping jacks before you can move
- *do a sticker chart for completing a daily "Let's Burn Some Energy!" item. 5 stickers equals a small prize

Get creative!

Post videos, pictures and your own ideas on Wiggle Strong, LLC Facebook page AND/OR use #wiggle_strong on Instagram



- Play with the couch cushions and pillows to build a fort! You can make paper/cloth snowballs (with scraps around the house) OR turn that fort into a fun spot for reading!
- Play vacation. Pack a suitcase or box with toys and things from around the house
- Go shopping. Parents, make a list then have your child go around the house collecting the objects in a box or basket (works on reading and finding skills as well as pushing that box as it gets heavier)
- Tug of war! Grab an old towel or rope and play with siblings and parents.
- Obstacle courses! Uses painters tape on the floor to make zig zag lines, lines to jump to, etc. walk the lines like different animals! (frogs, bears, bunny hops, etc)



- Cross crawls! Lift one foot off the ground like you are going to march and take the opposite hand to tap your knee then switch. See how fast you can go without falling or getting confused!
- Jumping Jacks! Pretend to be a pencil then jump to be a star
- Find a kids workout or yoga on Youtube and do them as a family!
- Turn an old game like Candy Land into an exercise game. For example, turn each colored card of the game into an activity: (have the kids help create!)
 - red= 5 jumping jacks
 - blue= bear walks down the hallway
 - yellow= inchworms