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WALES

Bwrdd Iechyd Prifysgol  
Aneurin Bevan  
University Health Board

**Information for Patients**  
**Children's Physiotherapy Service**

# Indoor Activity Ideas



## Scavenger Hunt

Look around the house to see how many things you can find from our scavenger hunt. Tick them off once you've found them.

This activity will make you squat down, reach up, climb and maybe even crawl to find these items. This will help to make your core and leg muscles stronger.

<h1>Scavenger Hunt</h1>					
	Something Round	<input type="checkbox"/>		A cuddly toy	<input type="checkbox"/>
	Something that makes bubbles	<input type="checkbox"/>		Something with a map	<input type="checkbox"/>
	Something that plays music	<input type="checkbox"/>		A photo of people you love	<input type="checkbox"/>
	Something that starts with the same letter as your name	<input type="checkbox"/>		Something you bake with	<input type="checkbox"/>
	A book	<input type="checkbox"/>		3 red things	<input type="checkbox"/>
	Something with wheels	<input type="checkbox"/>		Something that makes you happy	<input type="checkbox"/>

## Play Hide and Seek

Play hide and seek in your garden, you can hide or parents can hide and you find them. Parents can hide some of your toys and you search the garden to find them.

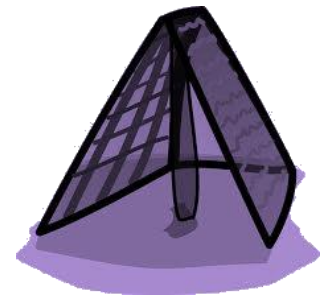
For this activity you will need to squat down and crawl to hide, helping to make your core and leg muscles stronger.



## Build a den

Use chairs, tables and blankets (or anything you can find) to build a den. Once you have built your den you can sit inside it to play with toys.

You will need to carry, squat, crawl and reach to build the perfect den. This will help to make your core and leg muscles stronger.



## Dance

Put some music on and dance around the living room.

This is a great activity to help strengthen all the muscles in your body and to help make you fitter.



## Build an obstacle course

Use what you can find around the house to create an obstacle course. Try to include obstacles that encourage jumping, squatting, balancing and crawling. This will help to make your balance better and make your muscles stronger. There are lots of different ideas online!



## Play Simon Says

Your parents will be Simon and ask you to do some activities like Jump, Crawl, stand on one leg and reach up tall. This will help to make your balance better and make your muscles stronger. They can use their imagination or there are lots of ideas on the internet.



## Play Charades

Act out what it says on your card. There are lots of ideas on the internet.

This will help to make your balance better and make your muscles stronger.



## Keep the balloon up

Pass the balloon through the air, don't let it touch the floor.

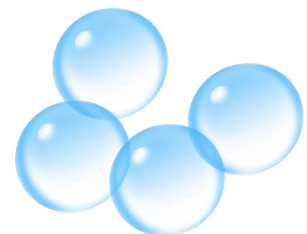
This activity will make you move around and reach away from your body helping your balance and making your core muscles stronger.



## Pop the bubbles

Your parents can blow bubbles for you to pop. Don't wait for the bubbles to come to you reach or jump to get them.

This activity will make you move around and reach away from your body helping your balance and making your core muscles stronger.



This document is available in Welsh / Mae'r ddogfen hon ar gael yn Gymraeg