

# Indoor Activities for Kids



Running out of ideas to do with the kids when the school day is over? Do they have excess energy, increase in emotional ups and downs or saying they have nothing to do? Do you want less screen time outside of schoolwork? Check out some of the websites below.

22 Indoor Activities: <https://www.goodhousekeeping.com/life/parenting/g31445865/indoor-activities-for-kids/>

Tape, Balloons, Hunts and Mazes: 87 Energy-Busting Indoor Games: <https://whatmomslove.com/kids/active-indoor-games-activities-for-kids-to-burn-energy/>

Activities sorted by age: <https://happydress.eu/50-fun-stay-at-home-kid-activities-during-the-coronavirus-quarantine/>

Cosmic Kids Yoga (this is online but involves physical activity): <https://www.youtube.com/user/CosmicKidsYoga>