

50 WAYS TO BURN STEAM OFF INSIDE

- 1-SEE WHO CAN BUILD THE TALLEST LEGO TOWER!
- 2-PLAY BALLOON VOLLEYBALL
- 3-CREATE YOUR OWN INDOOR FAMILY OLYMPICS
- 4-MAKE IT A GAME OUT OF HOW MANY DIFFERENT WAYS KIDS CAN GET ACROSS THE ROOM.
- 5-GET YOUR BRAINS GOING WITH SOME EASY SCIENCE EXPERIMENTS
- 6-USE POOL NOODLES THROUGHOUT THE HOUSE TO MAKE OBSTACLES
- 7-TODDLER TENNIS! -- THROW SOFT OBJECTS BACK AND FORTH OVER A ROPE.
- 8-BUILD A SMALL HIGH JUMP WITH STRAWS AND LAUNCH TOYS OVER!
- 9-PLAY A GAME OF CHARADES!
- 10-MAKE A GAME OUT OF SEEING WHO CAN CLEAN THEIR ROOM THE FASTEST!
- 11-GRAB AN EXERCISE BALL AND SEE WHO CAN "SUPERMAN BALANCE" ON THEIR TUMMY THE LONGEST!
- 12-3 WORDS... FUNNY, DANCE, PARTY!
- 13-GRAB A BEACH BALL AND A LAUNDRY BASKET AND PLAY "BASKETBALL"!
- 14-USE MASKING TAPE AND MAKE A HOP SCOTCH GRID!
- 15-GRAB ALL OF YOUR TOY CARS AND HAVE A MINI CAR WASH IN THE SINK!
- 16-USE MASKING TAPE TO MAKE A BALANCE BEAM AND CREATE COOL ROUTINES!
- 17-PLAY MUSICAL CUSHIONS WITH COUCH CUSHIONS!
- 18-PLAY HIDE AND SEEK!
- 19-HAVE CRAB WALK AND WHEELBARROW RACE!
- 20-PRACTICE SOME EASY AND KID-FRIENDLY YOGA POSES!
- 21-WASH THE DOG.
- 22-HAVE A (FUN & SAFE) PILLOW FIGHT!
- 23-HAVE A SILLY FASHION SHOW/COSTUME PARTY!
- 24-MAKE CUPCAKES WITH THE KIDS!
- 25GRAB THE BROOM AND TRY YOUR HAND AT LIMBO!
- 26-LET THE KIDS DRAW ON THE MIRRORS WITH DRY ERASE MARKERS!

- 27-USE TENNIS OR GOLF BALLS AND PLAY INDOOR BOWLING WITH EMPTY WATER BOTTLES AS PINS!
- 28-PLAY FOLLOW THE LEADER!
- 29-HOW LONG CAN YOU HULA HOOP GOING?
- 30-JUMPING JACKS!
- 31-BUILD AN INDOOR MINI-GOLF COURSE THROUGHOUT THE HOUSE WITH PLASTIC CUPS!
- 32-SET UP A "STAGE" AND HAVE A PUPPET SHOW!
- 33-HAVE SOME FUN SENSORY PLAY WITH A COOKIE SHEET AND SHAVING CREAM.
- 34-SET UP AN INDOOR OBSTACLE COURSE AND HAVE THE KIDS SHOW OFF THEIR "NINJA MOVES"!
- 35-GATHER HOUSEHOLD OBJECTS, CREATE A BAND AND PUT ON A CONCERT!
- 36-LOOK UP DANCE VIDEOS ON YOUTUBE AND TRY TO LEARN THE MOVES!
- 37-FIND A RECIPE ONLINE ON HOW TO MAKE INDOOR BUBBLES AND PLAY!
- 38-CREATE A RACE TRACK FOR SMALL CARS AND HOLD RACES.
- 39-ORCHESTRATE A SCAVENGER HUNT.
- 40-CREATE A MAGIC SHOW!
- 41-LINE UP PILLOWS AND COUCH CUSHIONS AND MAKE AN INDOOR MAZE.
- 42-CREATE A GROOVY DIY LAVA LAMP WITH HELP FROM AN ONLINE TUTORIAL
- 43-HAVE THE KIDS LAY BACK AND TRY TO BALANCE INFLATED BEACH BALLS ON THEIR FEET!
- 44-CREATE PAPER AIRPLANES AND HOLD AIR RACES!
- 45-PLAY SIMON SAYS.
- 46-HAVE A PIRATE TREASURE HUNT!
- 47-CREATE A "RIVER" IN THE BATHTUB AND PLAY WITH THE BOATS!
- 48-TURN ON THE WII FIT OR XBOX AND GET YOUR CARDIO ON!
- 49-ASK THE KIDS TO PUT ON A SHOW BY REENACTING THEIR FAVORITE SHOW OR MOVIE!
- 50-DROP OBJECTS ON THE FLOOR AND HAVE KIDS TRY TO PICK THEM ALL UP BY ONLY USING TONGS!