

Staying Fit Indoors

Supplies needed

- Socks
- Brooms
- Water Bottles
- Other Indoor Items

Conversation Starters: These are questions to ask while working with your child.

- ❖ What other sport can we practice with the socks?
 - Soccer- Can you dribble with your feet?
 - Tennis- What around the house can you use as a racket?
 - Basketball- What around the house can you use as a basket?
- ❖ What game can we invent using the socks, broom and water bottles?
- ❖ Find 4 different items around the house- challenge your child to invent a game that incorporates them all!