

## 10 INDOOR PLAY IDEAS FOR PRESCHOOLERS

### Freeze dance

A classic! All you need is music, and the only guideline is to freeze when the music is paused. Encourage kids to "freeze" in fun poses or with funny faces. Use a variety of musical styles and tempos. Tip: An older child can do the music while you dance with younger ones.

### The sleeping song

Here are the short lyrics "Sleeping, sleeping, all the children are sleeping. And when they woke up, they were all ---." Fill in the blank with various animals, insects, or even inanimate objects and let their imaginations run wild. Kids love acting like cats, snakes and even robots or babies!

### Indoor obstacle course

Push aside some furniture and practice gross motor skills. Set out a laundry basket and use balled up socks to practice throwing and accuracy. Tape down some yarn or string for a makeshift balance beam. Do moves in place, like running, jumping and hopping.

### Scavenger hunt

Take any theme, such as patterns, letters or colors and hunt around the house. Make it official with a clipboard and check off items as you go. Crawl around, reach up high and get down low!

### Self-portraits

Using a mirror, let the child draw themselves. Point out facial features like eyebrows and eyelashes. If they draw their whole body, add in some fashion design!

### Shapes

Help your child learn their shapes by tracing common household items. Turn over a cup to make circles, and trace your cell phone for rectangles. Hunting is part of the fun. Kids may want to decorate their shapes, cut them out and glue them on to larger paper for fancy art projects.

### Bookmaking

Make your own books. Children have so many stories to tell, and only need help writing it all down. Fold paper in half and staple at the crease to make pages. After the story is written, go back and read it to the child so they can illustrate each page. This simple activity builds confidence, self-esteem and literacy skills.

### Water play

You can make your own water table using any sized plastic tub or filling up the kitchen sink. Let kids use cups or pitchers to fill it with water. Add natural materials like rocks or crystals, household items like spoons, measuring cups and bowls or any little plastic toys they like. Then let the fun begin! It's amazing to see the stories children build from just these few items.

## **Collage**

Recycle your old magazines, newspapers, or wrapping paper and exercise the imagination. Let children choose and cut their favorite pictures (or help them). Then they glue them on paper, draw, and decorate all around it.

## **Squiggle art**

Each player gets a piece of paper, makes a squiggle on it, then trades with someone. Then make a picture out of the squiggle. Children see that you can turn any mark into art. It's fun for the adults to see what kids come up with, too!

## **Fun and Free Educational Websites for Preschoolers**

[www.circletimefun.com](http://www.circletimefun.com)

[www.storylineonline.net](http://www.storylineonline.net)

[www.starfall.com](http://www.starfall.com)

[www.abcmouse.com](http://www.abcmouse.com)

If you have any questions, below is the contact information for Preschool Special Education Teachers.

Tabitha Morris

[tabitha.morris@harlan.kyschools.us](mailto:tabitha.morris@harlan.kyschools.us)

(606)505-7328

Kim Saylor

[kim.saylor@harlan.kyschools.us](mailto:kim.saylor@harlan.kyschools.us)

(606)499-2330

