

PSP KINGSTON REC

# ACTIVITY CARDS

## Preschool

1 of 2



# INDOOR BOWLING



Grab one of the kids' balls.

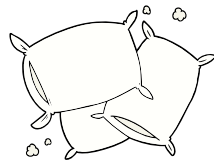
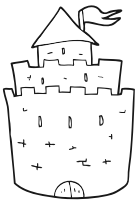
Set up a few items for pins.

Lots of things will work for these, pop bottles, paper towel tube, or toilet paper works too!

2

# BUILD IT!

Build a fort using the couch, chairs, sheets, cushions or pillows.



3

# BALANCE BEAM EXTRAORDINAIRE

Tape a line on the floor (straight, dashed, zig zag, and curvy) and have your preschooler walk along it, trying their best to balance on it. Can they do it walking backward?

Use colored tape to make different shapes and sizes.



4

# DANCE PARTY

Play dress up and turn on the tunes.

Play freeze dance.



Make your own instruments:  
Use a paper cup, add some rice and seal with saran wrap and tape.

5

# THEY SHOOT, THEY SCORE!

Play indoor basketball using balled up socks and buckets.

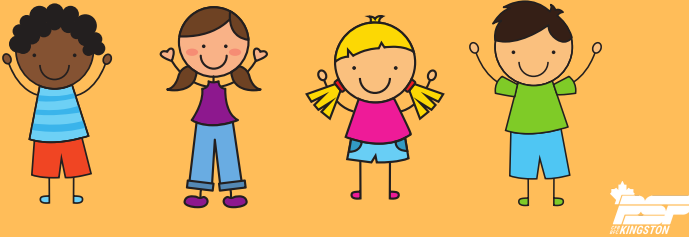


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# INDOOR FRISBEE

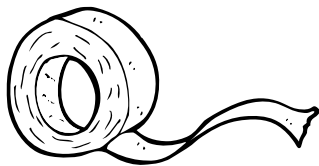
Use plastic lids as Frisbee's and throw them around your house, then have a clean-up race: Set a timer or put on a song and see who can clean up the fastest.



7

# INDOOR HOPSCOTCH

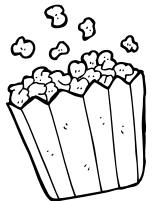
Create a Hopscotch grid using tape!



8

# BED SHEET PARACHUTE GAME

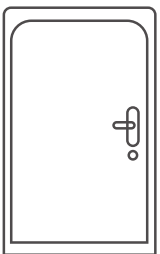
Place a number of small balls, cotton balls, balloons or small kid toys onto the sheet. Hold each end and shake the sheet to make them pop up like popcorn.



9

# STICK TO IT!

Tape up the doorway and throw some newspapers (or cotton balls!) at it to see if you can stick them. A great indoor activity for gross motor practice!



10

# DON'T DROP THE BALLOONS

Blow up some balloons, toss them in the air, and don't let them touch the ground.

