

WEEKLY BEHAVIOR TIPS

“Tip of the week”

Engage in indoor activities between academic tasks to help release kids' energy



Ideas for Indoor Activities:

1. Turn on music and dance
2. Create a Scavenger Hunt
3. Play stuffed animal hide & seek
4. Toss a sock ball
5. Scramble & sort laundry
6. Walk a tightrope
7. Engage in active story times

Click on or copy and paste the link below into your computer's URL to get more information on the above activities:

<https://www.pbs.org/parents/thrive/8-indoor-activities-to-release-kids-energy>

