

SUPER TROOPERS

with



Fun Indoor Activities

Super Troopers can be just as active indoors as they are outdoors! Spending more time home and inside can be the perfect time to try some of the fun indoor activities below.

- › **Dance It Out** – Pick a song that your child likes and ask them to create a dance to it. For music inspiration, head to our Spotify Super Troopers playlist which can be found on our site at supertrooper.ie
- › **Moonwalk Obstacle Course** – Using safe and appropriate materials, create a simple obstacle course where children have to move about the course as if they were on the moon.
- › **The Letters Game** – Ask a child to name a sport. Then the next child has to think of another sport beginning with the last letter of the sport named previously and so on. For example, if the first child says basketball, the second person must name a sport beginning with L, like long jump.
- › **Challenge Jar** – Ask your children to do the following: Using a pen and paper, list (or draw) a couple of exercises you enjoy doing. For example, jumping jacks, press-ups, running on the spot, balancing on one leg, skipping etc. add all of the suggestions into the jar and one by one your family can then take turns picking out an exercise for you all to have fun doing together at home.



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- › **Have a Quiz** – Hold a quiz with categories that promote healthy eating, exercise and the benefits of living healthy. The prize for the winners could be to choose the next activity you play!
- › **Super Troopers Says...** – Ask one child to be the leader and to pick different activities. Inspiration can be found on **supertroopers.ie**. The children must only do the activity if the leader says, “Super Trooper says,...”. If a player does an activity when the leader hasn’t said “Super Troopers says...”, they must do 5 Star Jumps. The children can take turns being the leader.
- › **Charades** – Ask your children to write the name of an object or animal on a piece of paper. Then children can take turns picking out a piece of paper and acting out the animal or object listed for the rest of the family to identify.
- › **Add Musical Statues** – Play some music from the Super Troopers play list and ask your children to dance around the room! When the music pauses or stops, everyone must strike a Super Hero pose and freeze! Super Troopers play lists can be found here: <https://open.spotify.com/collection/playlists>

Now you're ready to have fun getting active indoors!

