

# Indoor active play activities for 3-5year olds

**Children should be encouraged to be active from birth in order to develop essential muscles, learn new skills and become independent.**

There are a variety of activities and resources you could provide for children to encourage active play and minimise sedentary time.

Here are some indoor active play ideas as part of our [Healthy Body, Happy Me physical development](#) campaign.



## Malleable play

Such as making and manipulating playdough:

- Provide a playdough station for children to access their own materials (with support as needed)
- Weighing, mixing, kneading, pressing, rolling and cutting enables small muscles and large muscles to be developed and exercised.

## Music and movement activities

- Provide children with a variety of different sounds and music types to dance along to
- Why not try dancing with scarves or ribbons to extend the exercise to include their arms too?
- Encourage children to react to music and the beat / tempo – e.g. move fast, slow, up, down.



## Indoor obstacle course

- Use resources from the room to create a challenging course
- Allow the children the chance to create their own courses for themselves and their friends.

## Balloon game

- Blow up several balloons
- Explain to the children that the balloons must not land on the floor, so they have to keep them up in the air at all times
- How long can they keep them in the air?
- Start with a couple of balloons and then add more as the children become more confident with this activity.

## Movement dice

- Make two cardboard dice
- Add photographs of a range of actions e.g. jump, hop and skip to each side
- Ask the children to throw the dice and to copy the moves they see.