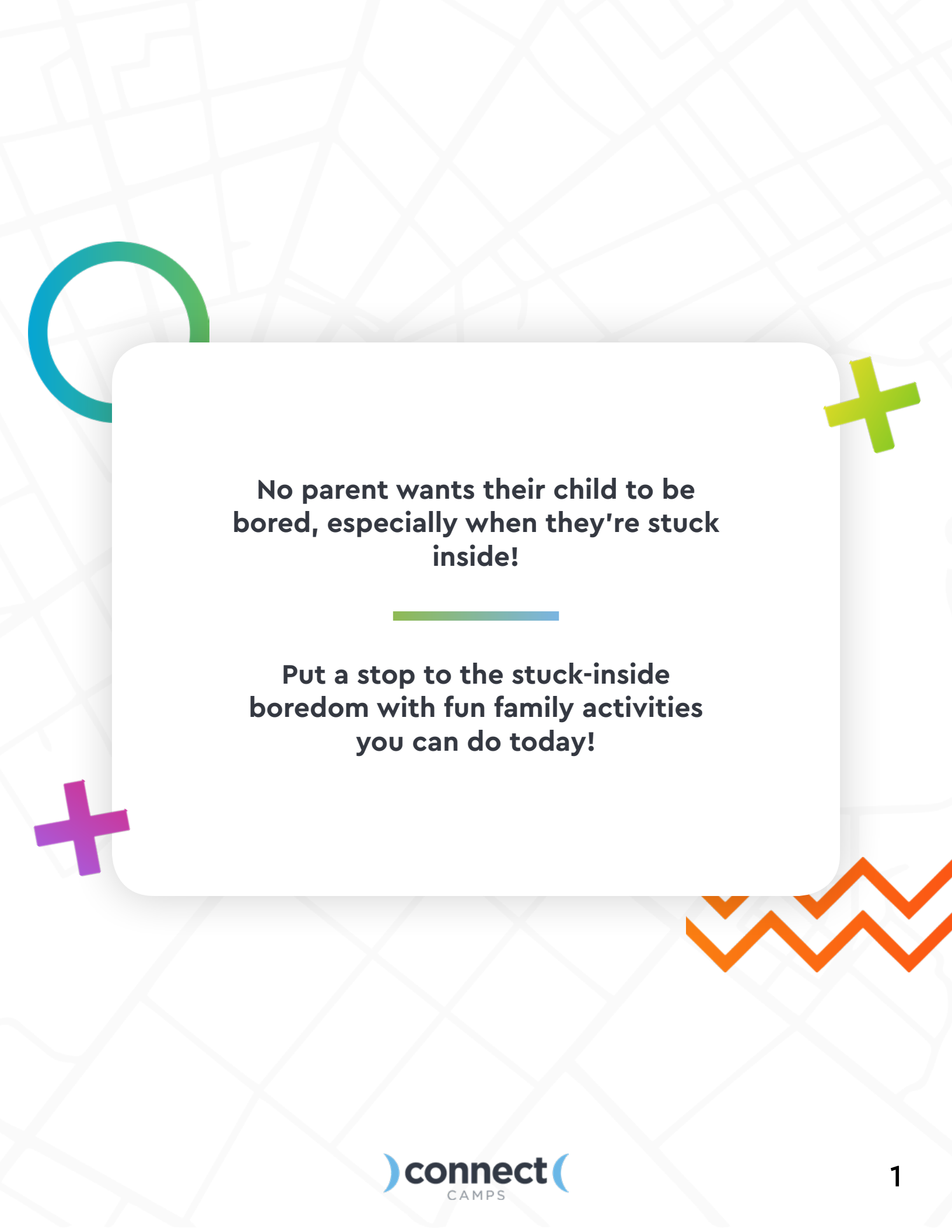




20 Indoor Activities

to Do with Your Family

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CAMPS



**No parent wants their child to be
bored, especially when they're stuck
inside!**

**Put a stop to the stuck-inside
boredom with fun family activities
you can do today!**

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Build It

1 » Straw Bridge

(10 minutes) » Grades K-4

Supplies:

- Straw
- Paper Clips

Instructions:

- Build the craziest-designed bridge using only straws and paper clips. Your bridge can span up to 30 centimeters and should support as much weight as possible. Hint: A wise first step is to make a plan for how you are going to build your structure. (Triangles are very strong).

2 » Newspaper Fort

(10 minutes) » Grades 2-5

Supplies:

- Newspaper
- Tape

Instructions:

- Split the newspaper into small sections and large sections.
- Begin rolling each section up so that they are in long pieces.
- Tape the pieces so that they do not unravel.
- Once all the pieces are rolled, you and your child can create a fun newspaper fort by folding the pieces and taping them together.

Sports

(indoor)

1 » Crab Soccer

(15 minutes) » Grades K-8

Supplies:

- Balloon
- 2 objects to serve as goals

Instructions:

- Divide your children into two teams.
- This game is similar to soccer. Here's the difference: instead of standing on their feet and running, the children must crawl on their hands and feet with their stomachs facing up.
- The only way they can move the balloon is with their feet and heads.
- The first team to score 3 wins.

2 » Keep It Up

(10–15 minutes) » Grades K-5

Supplies:

- 5–10 Balloons

Instructions:

- Have all your children gather in a circle and lock hands.
- The object of this game is to not let any balloons hit the ground.
- Start by floating one balloon in the middle of the group. Add more balloons as the team is able to keep current balloons in the air. Play until all balloons are in the circle.
- You can add to this activity by setting goals of how many balloons they can keep afloat for a certain amount of time.

Sports

(outdoor)

1 » Run and Sort

(15 minutes) » Grades K-3

Supplies:

- 6 signs that say: Yellow, Blue, Green, Red, Purple, and Black.
» You could also use colored paper for younger kids who aren't yet reading.
- Multiple items of these colors

Before the Activity:

- Set up a relay field where the signs are on one side and the items are on the other side.

Instructions:

- When the person designated as "it" says "Go!" the first child in line will run to pick up one item and match it with the sign that is or says the same color.
- When the first child completes the task, they will run back to the line and tag the next child who will then take their turn
- Depending on how many kids you have, you can either have teams compete against each other or have all kids on one team trying to beat their own best time.

2 » Ultimate Obstacle Race

(15–20 minutes) » Grades K-8

Supplies:

- Random Household Items (chairs, tubs, toys)

Before the Activity:

- Outside, you will create an obstacle course using your imagination and whatever is available at your house.

Instructions:

- Have each of your children go through the obstacle course you have created.

2 » Ultimate Obstacle Race cont.

(15–20 minutes) » Grades K-8

- Time each child's run through the obstacle course as they each try to achieve the best time.
- Once they have mastered this obstacle course, have them help you create new courses.
- You can repeat this inside as well.

Science

Lab

1 » Old to New!

(2 minutes) (Adult Supervision required)»

Grades 2–8

Supplies:

- Water (Half-filled clear glass cup)
- Food Coloring (3 drops)
- Chlorine Bleach (2 Tbsps)
- Baking Soda (1/2 Tsp)

Before the Activity:

- Fill the glass halfway with cool water

Instructions:

- Add 3 drops of food coloring to the water
- Have an adult add 3 tbsps of bleach to mix
- Add ½ tsp of baking soda to mix
- Watch color fade away
- The bleach and baking soda work together to perform a process called oxidation. This means they release oxygen molecules into the colored water, and the molecules break up the chemical bonds of the chromophore molecules (the colors). This is why the colors seem to disappear!

2 » Oobleck

(15 minutes) » Grades 2–8

Supplies:

- Corn Starch (2 cups)
- Water (1 cup)
- Food Coloring (5–8 drops)
- 1 Plastic Bowl
- 1 Measuring Cup

2 » Oobleck *cont.*

(15 minutes) » Grades 2–8

Before the Activity:

- This experiment can be *super* messy, so make sure all tables have table cloths and the floor is protected by a drop cloth that will make for easy cleanup! Or better yet, do this activity outside!

Instructions:

- Add 2 cups of cornstarch, 1 cup water, and 5–8 drops of food coloring to a bowl.
- Have kids mix with their hands!!
- Pro Tip: Only have them use 1 hand to mix it, that way the cleanup process is much easier!
- Once the fluid is created, have campers alternate hitting the oobleck and slowly sinking their hands into the oobleck!
- Pro Tip: Once again, only let kids use 1 hand!
- Have kids get as much of the Oobleck as possible off their hands. It should flake off easily. Be sure they do this over the table.
- Take a massive break to wash your hands before the next experiment!

Crafts

1 » Make Your Own Journal

(15 minutes) » Grades 2–8

Supplies:

- Markers or Watercolors
- Water
- Spray Bottle
- Copy Paper
- Stapler

Instructions:

- Fold 1 piece of copy paper for each of your children and tell them this will be the cover for their journal.
- They will use markers or watercolors to decorate the cover as they like.
- While they are decorating, you can fold together 6 pages of copy paper and staple along the fold.
- Once they are finished decorating, instruct them to spray the cover with water.
- Try not to use too much water or the paper will become too thin.
- The water and colors will run together, giving it a fun effect.
- Once the cover is dry, you can staple it to the other stack of papers.

2 » Glue Suncatcher

(15 minutes) » Grades K-8

Supplies:

- White Glue
- Food Coloring
- Foam Plate
- Yarn or String
- Q-Tips
- Tape

2 » Glue Suncatcher **cont.**

(15 minutes) » Grades K-8

Instructions:

- Pour a large amount of glue on the plate and have them smear it around with the Q-tips.
- Have your child drop 2-3 different colors into the glue.
- Using a new Q-tip your child will swirl the drops of color until they make a fun pattern.
- Make sure not to swirl too much so that the colors don't become muddy.
- Place the suncatchers in the window to dry.
- Once they are fully dry, tape a piece of yarn or string on the back.
- Hang it up in your window!

Epic Eats

1 » Hot Dog Men

(25 minutes) (Adult supervision required!)

» Grades K-8

Supplies:

- Hot dogs
- Crescent Rolls
- Cookie Sheet
- Foil
- Spatula
- Knife or Kitchen Scissors

Before the Activity:

- Use your knife or kitchen scissors to cut the hot dog. You should slice it so that it has arms and legs.
- Then, use the tip of your knife or kitchen scissors to create eyes and a smile.
- Preheat your oven to 350 degrees.

Instructions:

- Have your children use the crescent roll stripes to dress their hot dog people.
- Once they are finished, place the hotdog people on the cookie sheet lined with foil.
- Have an adult place the sheet in the oven for 15 minutes.
- Enjoy with your favorite condiments.

2 » Cave Rolls

(25 minutes) (Adult supervision required!)

» Grades K-8

Supplies:

- Crescent Rolls
- ¼ cup granulated sugar
- 2 tablespoons all-purpose flour
- 1 stick butter, melted

2 » Cave Rolls *cont.*

(25 minutes) (Adult supervision required!)

» Grades K-8

- Marshmallows
- 2 Bowls
- Spoons
- Measuring Spoons
- Measuring Cups
- Muffin Pan
- Non-Stick Spray

Instructions:

- Preheat your oven to 400 degrees.
- Spray your muffin pan with non-stick spray.
- Separate the dough into even triangles.
- In a small bowl, mix the sugar, cinnamon, and flour together.
- Dip 1 marshmallow into the melted butter.
- Roll it into the cinnamon mixture.
- Completely roll the marshmallow in the crescent roll dough.
- Place it in the muffin pan.
- Sprinkle the top with cinnamon sugar.
- Once your pan is filled, have an adult place it in the oven for 12-15 minutes
- Cool and Enjoy!

Dance

1 » Zumba Dance

Supplies:

- Computer or Speaker

Instructions:

- Below are some awesome Zumba dance routines. Your kids can follow along and get active!
 - https://www.youtube.com/watch?v=q0U1A7ovy-3I&list=RDq0U1A7ovy3I&start_radio=1&t=4
 - <https://www.youtube.com/watch?v=TgcwKrf-8wHM&list=RDq0U1A7ovy3I&index=11>
 - <https://www.youtube.com/watch?v=FP0wgVhUC9w>
 - <https://www.youtube.com/watch?v=FHo9QaJ1DyI>

Man Cave

1 » Chuck Norris Says

(10 minutes) » Grades K-8

Instructions:

- This will be just like Simon Says, using "Chuck Norris" instead of "Simon."
- Try to have the actions that you call out associate with superheroes or strong men in your child's life.
 - Example: Chuck Norris says to do a Spiderman pose.
- You can play until there is a winner who will get to be "Chuck Norris" in the next round.

2 » Grill Out

(20 minutes) (Adult supervision required!)»

Grades K-8

Supplies:

- Hot dogs
- Buns
- Cooking Tongs
- Small Griddle or Large Pan on Stove Top

Instructions:

- This activity could be used as a way to get your child to help cook dinner.
- You can play up the fun factor in this activity by having your children dress in aprons and such. You can really make them feel like they are the Grill Masters!
- With your supervision, instruct them to turn on the griddle or heat up the large pan.
- Place the hot dogs on the griddle or pan and let them cook.
- While they are cooking, slowly turn them with the cooking tongs.
- Once they have finished cooking, place the hot dogs in buns and serve them!

Girls

club

1 » Disney Silhouette Painting

(15–20 minutes) » Grades K-3

Supplies:

- Disney or other Stencils (you can search online and print and cutout)
- White Card Stock
- White Crayon
- Watercolors
- Paintbrush
- Cups
- Water
- Paper Towel
- Paper Clip

Before the Activity:

- Lay out table cloths for painting.
- Lay out a pallet and paintbrush with a piece of cardstock.
- Place all the laminated images in the center for the girls.
- Have cups full of water and paper towels in the center as well.
- Have a tablecloth set to the side for finished artwork.

Instructions:

- Have princesses take a seat in front of a work station.
- Write the name of the princess.
- Allow each child to choose a silhouette from the middle that they would like to paint.
- Once they have chosen their image, instruct them to pin it to the top of their cardstock in the middle.
- They will now take their white crayon and trace around the cutout of their shape. They will also color in the shape with the white crayon. (When they start painting, the white crayon will resist the paint so only the outside will be painted)
- Now they can use their watercolor paint to fill in the rest of the paper. They may choose to make stripes or do two colors on top of each other or a rainbow of splatter!
- Once they have finished, they may set it in the gallery.

2 >> Princess Party

(20 minutes) » Grades K-8

Supplies:

- White Bread
- Sprinkles
- Frosting
- Lemonade
- Plates
- Plastic Knives
- Toaster
- Paper Towel
- Cup
- Tea Dispenser

Before the Activity:

- Begin toasting bread.
- Mix food coloring into the different frostings.
- Lay out all other supplies.

Instructions:

- Place all supplies for making princess toast in the middle of your table.
- Begin pouring lemonade into each cup.
- Pass out a plate, plastic knife, cup, and napkin to each child.
- Instruct princesses to grab 1 slice of toast and a butter knife.
- Allow them to then begin frosting their toast in different patterns.
- Once their toast is frosted how they like, they may add sprinkles.

Undercover

1 » Superhero Cuffs

(10 minutes) » Grades K-5

Supplies:

- 4 empty toilet paper rolls
- Paint or Markers
- Glue
- Yarn
- Scissors
- Hole Punch

Instructions:

- First, cut a slit all the way down one side of all four toilet paper rolls. Two will be your cuffs and the other two will provide the material for your shapes.
- Flatten two of the rolls and cut superhero shapes from them. Ideas include stars, bats, lightning bolts, letters. The sky's the limit!
- Paint your pieces. Paint all around your cuffs and on both sides of your shapes. Be sure to use two different colors so that your superhero shapes really pop!
- Once the paint dries, glue your shapes to the top of your cuffs and allow them to dry.
- Punch a few holes down each side of your cuff openings and lace them up by threading them with yarn.
- Now you're ready to don your super cool cuffs and try out your new superpowers.

2 » Captain America Mask

(15 minutes) » Grades K-3

Supplies:

- Heavy, white cardstock
- Small hole punch
- Thin elastic

2 » Captain America Mask

(15 minutes) » Grades K-3

- Scissors
- Paint, crayons or tissue paper (if using black and white version)

Instructions:

- Cut out the pieces to create the Classic Captain America mask
- Punch two small holes in the circles beneath the wings.
- After your child has colored it all, glue the wings and the letter "A" to the mask.
- Using the elastic, measure your child's head and cut elastic to that length. Tie each side to the holes in the mask.

Great Outdoors

1 » Leaf Coloring

(10 minutes) » Grades K-5

Supplies:

- Leaves from outside
- Copy Paper
- Crayons

Instructions:

- Go outside and have your children find some leaves they really love.
- Once you are back inside, lay the leaves on a sheet of copy paper.
- Next, lay on another copy paper over the leaves.
- Have your children use their crayons to color over the leaves.
- They should see the imprint of the leaves as soon as they begin to color.

2 » Color Scavenger Hunt

(20 minutes) » Grades K-5

Supplies:

- 1 Paper Bag per Child
- Crayons

Before the Activity:

- Color onto the paper bag with each crayon.

Instructions:

- Have your child go through the house and outside to find items that go with each color.

Devotionals

1 » Creation

Verse:

- Philippians 1:6 – "Being confident of this, that He who began a good work in you will carry it on to completion until the day of Christ Jesus."

Discussion:

- Discuss what it is like to create something and then begin to feel frustrated with our creation.
- We often want to quit, because it is too hard to make or it is not turning out as we wanted. But God doesn't give up on us. God completes the good work in us that He has started. He will never leave us or forsake us. Explain to your children that "God is giving them brand-new hope" every day, even when life is hard.

2 » Fruit of The Spirit

Verse:

- Galatians 5:22-23 – "But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control."

Discussion:

- The way others know that we love by seeing this fruit in our lives. As we connect to the vine (God) and spend time with Him, we will bear fruit (good characteristics and kindness). When others see our fruit, our peace, patience, etc., they will want to be around us and they will want to know God.
- Pray and ask God to help us all be kind and inviting, so that people want to know God better. He is the Creator and He is able to help us all bear fruit as we spend time with Him.

3 >> Serving Others

Verse:

- Matthew 28:19-20 (ESV) – "Go therefore and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, teaching them to observe all that I have commanded you. And behold, I am with you always to the end of the age."

Discussion:

- Sometimes serving others is difficult, but as children of God, we should still serve whether it is tough or easy. Even though we will have to serve when it's tough, Jesus still says He will always be with us no matter what. Right here in the Bible, Jesus is telling everyone who's a Christian what they are meant to do, but then He reminds them that they don't have to do it alone. He says He will always be with them, no matter what.
- So as we think about the people around us, let's always continue to find new ways to serve them!

4 >> Following Jesus

Verse:

- Mark 8:34-35 – "When He had called the people to Himself, with His disciples also, He said to them, "Whoever desires to come after Me, let him deny himself, and take up his cross, and follow Me. For whoever desires to save his life will lose it but whoever loses his life for My sake and the gospel will save it.""

Discussion:

- Has anyone ever seen a cross in real life? Maybe at Easter or

4 » Following Jesus *cont.*

Christmas? They are big and really heavy. In this verse, Jesus tells us whoever wants to follow Him should deny themselves and pick up a cross. Jesus wanted to make sure we know that being a Follower isn't easy, but it is super rewarding. He then says that if we lose our lives to follow Jesus (meaning that we confess Jesus is our Savior of follow Him in our actions and words), then we actually gain a better life. Eternal life. Yes, eternal life! This means that one day we will be in heaven with Jesus, celebrating forever. If you have made the decision to follow Jesus, that is awesome!

5 » Story of Joseph and Hope

Verse:

- Gen 37:3-4, 23-25, 39:1-4, 45:9-12 – The Story of Joseph (use these verses as references to help paraphrase the story)

Discussion:

- At the beginning of Joseph's story, it seems like there is no hope. He has been betrayed by his own brothers and sold into slavery. After this, things seem to get better when Joseph is highly favored at his master's house. However, shortly after this, he was wrongfully accused and thrown in prison.
- It would have been so easy for Joseph to lose hope in God and believe that nothing in his life could change for the better. He could have blamed God and tried to fix everything on his own. But, Joseph did not do this. He waited and had hope that God would provide for him. One day, Joseph was requested by the Pharaoh of Egypt to interpret a dream. The Lord helped Joseph tell Pharaoh what his dream meant and

5 >> Story of Joseph and Hope cont.

because of this, Pharaoh appointed him as an over-seer (a leader with authority) over the food and land of Egypt.

- This was amazing! At the end of Joseph's story, his brothers came to Egypt asking for food. They did not recognize him at all, but once he revealed himself, they asked for forgiveness and rejoiced that their brother was alive. God gives us hope even in the darkest seasons and will always look out for us. Let's thank God for his abundance of hope and faithfulness.

6 >> Matthew the Tax Collector

Verse:

- Luke 5:27 – "After these things He went out and saw a tax collector named Matthew, sitting at the tax office. And He said to him, "Follow Me." So, he left all, rose, up, and followed Him."

Discussion:

- When Jesus was choosing his disciples, He picked a tax collector. At that time, a tax collector was seen as a villain who cheated and stole from others for their own personal wealth. A lot of people were amazed that Jesus would choose Matthew over someone who had a better reputation. But, Matthew immediately left everything he had worked for and everything he had ever known to follow Jesus.
- Jesus asks the same of us that when He calls us and we follow He gives us brand new ways. Let's thank the Lord for calling us to follow Him.

7 >> Remain in Him

Verse:

- John 15:1-5 – "I am the true vine, and my Father is the gardener. He cuts off every branch in me that bears no fruit, while every branch that does bear fruit, he prunes so that it will be even more fruitful. You are already clean because of the word I have spoken to you. Remain in me, as I also remain in you. No branch can bear fruit by itself; it must remain in the vine. Neither can you bear fruit unless you remain in me. "I am the vine; you are the branches. If you remain in me and I in you, you will bear much fruit; apart from me you can do nothing."

Discussion:

- What is an example of a fruit that grows on a vine?
- Can a branch still bear fruit if it is removed from its vine?
- If Jesus is the Vine and we are the branches, what would His fruit look like in our lives?
- What are some simple ways for us to remain in the Lord each day?

8 >> Working Together

Verse:

- 1 Corinthians 1:10 – "I appeal to you, brothers and sisters, in the name of our Lord Jesus Christ, that all of you agree with one another in what you say and that there be no divisions among you, but that you be perfectly united in mind and thought." (NIV).

Discussion:

- Whenever we are on a team, we are working to do one thing. That one thing could be building something, scoring a

8 >> Working Together *cont.*

goal, or accomplishing a task.

- We can now trust, lean, and support each other because we are one team. This is how God wants us to relate to one another. We are all a part of one body – the body of Christ. The world is full of a vast number of people, but we are all part of a greater whole. We all share a world that is made from God's love, thus we all share the same purpose, heart, and faith.

9 >> Trusting the Lord

Verse:

- Proverbs 3:5 – "Trust in the Lord with all your heart and lean not on your own understanding" (NIV)

Discussion:

- Have you ever had to try something new but didn't know where to start or the steps to get it done? It is like riding a bike for the first time. We need someone's help with steering the handlebars and keeping us steady. We know we can trust that person to help and without them, we would fall.
- This picture reminds us of our relationship with God. We can not do everything by ourselves and we need to trust that the Lord is going to take care of us. Though we may fall off the bike, God will never leave us on our own. We can trust that He will take care of us!

10 » Helping Others

Verse:

- Ecclesiastes 4:9-10 – "Two are better than one, because they have a good return for their labor: If either of them falls down, one can help the other up. But pity anyone who falls and has no one to help them up."

Discussion:

- When we are on a team, it is important to remember this motto: All for one and one for all! We have to work together to not only win, but also to help each other. If one of our teammates fall down, we should always help them up. Though we can also do this at home, at school, or anywhere else we may be with our friends!
- Whenever you see one of your friends struggling or having a bad day, you can help them! Give them some encouragement or maybe help them with something at school. Let's thank the Lord for our friends and ask Him to help us see every opportunity to help them!



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