

Rainy Day Activities

FREEZE DANCE

Choose one person to be in charge of the music. When the music starts, everyone else dances, the crazier the better. When the music stops, the dancers must freeze in their position. Anyone caught moving after that is out. Play continues until there is one person left, the winner.

MUSICAL CHAIRS

In a circle, arrange chairs facing outward to total one fewer than the number of players. An additional player needs to be in charge of the music. When the music starts, the players walk around the chairs. When the music stops, players sit down in the nearest chair as soon as they can. The one player who does not have a chair is out. One of the chairs is then removed, and the game continues in this manner. The player that sits in the final chair is the winner.

HEADS UP, SEVEN UP

Dating back to at least the 1950s, this game is one we played in elementary school. In my experience, it was usually done in the classroom with everyone at their desk. To start the game, seven players go to the front and the teacher says, "Heads down, thumbs up!" Everyone still at their desk puts their head down, extends an arm and sticks their thumb up. The seven kids that were at the front go around and each press one person's thumb down. Then they all go back to the front of the room and the teacher says, "Heads up, seven up!" The players at the desks raise their heads and the seven whose thumbs were pressed down stand up. Each in turn names the person they think pressed down their thumb. If they are correct, they change places with the presser.

I Spy

I Spy and its variations are wonderful sensory games for young kids to get to know the world around them. For a child who has never played, you can start by picking out a secret object within plain view and saying, "I Spy

Rainy Day Activities

something blue.” If there is only one child, then she can keep guessing until she gets it right. If there are multiple children then they can take turns looking around and guessing. The first child correct gets to spy something next. It is so versatile, you can take it anywhere.

– SENSORY & SORTING GAMES –

Touch-and-Feel Boxes

This is a great indoor game to focus young kids on the sense of touch in a world so focused on the sense of sight. Train their minds to associate information other than just how the object looks. Start by putting interesting objects into containers that a child must reach into and identify by touch. Shoe boxes work well as they are usually readily available, can be easily cut with scissors, and do not let light through. Making the boxes is part of the fun – have the kids decorate them, just make sure to cut out a child-sized hand hole on the side of the box beforehand. Place an item in each box and have your kids take turns guessing what the items are. Encourage questions and offer clues as needed.

Buy It – [My First Touch & Feel Picture Cards](#).

Sorting

This is another of the games for kindergarten readiness that you can easily pull together. When a child plays a sorting game, they are analyzing objects, describing and comparing them and engaging in critical thinking. All kinds of learning is going on. Start by creating “bins”, which can be as simple as using tape on a level surface. **Buy It** – [Learning Resources Mini Muffin Match Up Counting Toy Set](#).

Colors: For younger kids, using colors is the easiest way to start a sorting activity. Try taping down pieces of colored construction paper, then gather objects to match. (LEGO Duplos work well.)

Rainy Day Activities

Advanced: Sort by the texture of a surface or type of object, for instance wooden vs plastic vs metal.

More variations: You can make it into a full on game by asking competing children to go find 5 objects of each type the fastest. Or you can enforce an order that they must retrieve them in – first red, then blue, then yellow, then repeat.

I Spy

I Spy and its variations are wonderful sensory games for young kids to get to know the world around them. For a child who has never played, you can start by picking out a secret object within plain view and saying, “I Spy something blue.” If there is only one child, then she can keep guessing until she gets it right. If there are multiple children then they can take turns looking around and guessing. The first child correct gets to spy something next. It is so versatile, you can take it anywhere. **Buy It:** – [I SPY Eagle Eye Game](#)

Variations: Limit the number of guesses each child gets. Or, say things like “I Spy something that is a circle.” The difficulty is easily changed by what you are actually spying (smaller or less obvious things) and how you describe what is spied (bumpy or soft things, for example).

Not all Indoor games for kids have to be screen free. We offer some fun interactive games for kids that can be played together:

[Websites That Make Screen Time, Family Time](#)

Rainy Day Activities

– SOCK GAMES –

Sock Wars

The setup of this game can actually be as fun as playing it. Divide into two teams, create some sock balls from pairs of socks, and then each team creates its fort! Blankets, pillows, chairs, and couches are all fair game. Once you have built your elaborate fort, make sure all breakables are cleared away and start throwing! If a kid is hit then they are out for the remainder of the game. The last team standing wins. If you don't mind your kids activity games to get crazy, this is the indoor game for you. It also translates well to an outdoor game – just make sure you bring in all the socks when you are done.

Sock basketball: Basketball games for indoor fun? You betcha! Make a few “snowballs” out of pairs of socks, get a laundry basket (or smaller receptacles for more challenge), and you're all set. Kids can take turns shooting to score, and they could even take the risk of a longer shot worth more points!

More sock basketball variations: Each kids shoots the ball, and if they score they take a step back. The one to score from the furthest distance wins. **Buy It:** [Nerf Sports TablePros Basketball](#)

Sock hockey: Likely the safest way there is to play hockey – no helmets or even sticks required! We like to use a plastic laundry basket tipped sideways for the goal. Pick a kid (or adult) for goalie and try to toss the socks into the goal.

Sock bean bag toss: A great use for that large cardboard box you were about to recycle. Cut holes of various widths and shapes and assign point values to each one. Flip the box upside down and you've got an instant carnival-style bean bag toss. You can use soft

Rainy Day Activities

socks to toss or small balls such as ping-pong. Little prizes totally optional.

Hot Potato: This indoor game can get a little giggly, so be warned! It is great though, because it is one of those games to play with kindergarten kids up through the older grade school ages. Simply get any soft ball or rolled up socks and underhand-toss it to a child. Instruct them to under-hand toss it to someone else as quickly as possible. Each child repeats this. When does this game end? Who knows? Just get rid of it! **Buy It:** [Hot Potato Family](#)

Hot potato variations: If you have enough children, play short segments of music while they toss the object, stop the music, and the last child to touch it when the music stops is out of the game. Repeat until there is only 1 child.

– MOVEMENT GAMES –

Charades

If you haven't played this classic game, then you need to. Right now! This game is all about acting out a word or phrase using no spoken words whatsoever. It can be easily modified for any age group. For full instructions [click here](#). **Buy It:** [Charades Party Game – Family Charades](#).

Animal Charades: Before playing, first print off a page of animal pictures. Cut out each individual animal, fold each in half, and put them in a bucket. Begin the game by having the first child choose a piece of paper. The child then needs to act out the animal silently, while the other children try to guess what animal is being portrayed. Once the animal is guessed, choose another child who has not picked a piece of paper yet, and then they get to have their fun acting. Charades games are so versatile that they can be group games for 5 year olds, one on one games for 2 kids or even adult games with no kids at all. [We like this game when we're tired, too](#)

Rainy Day Activities

Indoor Bowling

You will need a level space indoors to create a bowling “lane” for this game. Collect items to act as pins such as empty water bottles or plastic cups. A small ball works best for indoor bowling; nothing heavy is needed. If there are a lot of kids, make it an indoor team game for kids by creating “leagues”. **Buy It:** [KOVOT Foam Bowling Set](#)

[Hangman](#) – children do need to know their letters to play this game. You can start with simple, three-letter words to practice spelling skills or increase the challenge for older kids with multiple words or phrases. Give the kids a hint by telling them a category the word falls into (i.e. “Animal”).

Rock, Paper, Scissors

For anyone looking for mini games indoors, this is the go to. I always love using this game to settle something when I don't have a coin to flip. You can play once or keep busy for a long wait at the doctor's office