

Keep Your Mind and Body Active Through Recreation!

Fitness

Kids Fitness

- 10 Fitness Exercises for Kids: https://www.youtube.com/watch?v=_97QFX3w1E4
- Family Fun Cardio: <https://www.youtube.com/watch?v=5if4cj05nxo>
- Get Moving With Disney Family | The Lion King: <https://youtu.be/kKuVq48vUcw>
- Animal exercises! <https://youtu.be/26guG6wr5so>
- Simon Says Action Game with Music:
<https://www.youtube.com/watch?v=OxRfqmLJCXw>
- Superhero Workout: <https://www.youtube.com/watch?v=vce2LUUB6pY>

Cardio

- Fun Walk at Home: <https://www.youtube.com/watch?v=X3q5e1pV4pc>
- 15 Minute Workout for All Ages: https://www.youtube.com/watch?v=L_A_HjHZxfl
- Back to Basics Cardio Workout: <https://www.youtube.com/watch?v=c-xUk444SWc>

Yoga/Stretching

- Beginner Yoga Workout: <https://www.youtube.com/watch?v=9XBnftTBmAk>
- Spring Yoga | Peter Cottontail and the Tickly Monkeys:
<https://youtu.be/ASPnHl7kio4>
- Tommy the Bedtime Turtle Yoga:
<https://www.youtube.com/watch?v=gCLW77sABTc>
- 5 Minute Cool Down and Stretch:
<https://www.youtube.com/watch?v=u5Hr3rNUZ24>

Chair Fitness

- Chair Workout for All Ages: <https://www.youtube.com/watch?v=Dejai7GEW4c>
- 30 Minute Chair Workout: <https://www.youtube.com/watch?v=IQRNEq0D0rA>
- Chair Yoga: <https://www.youtube.com/watch?v=m4t9nCW3630>

Cooking/Baking/Snack Ideas

- Fun and Healthy Spider Snack: <https://pin.it/1hqt1PB>
- 18 Recipes to Help People Learn in the Kitchen:
<https://www.delish.com/cooking/g31710916/kids-educational-recipes/>
- Meals with 5 Ingredients or Less:
<https://www.pinterest.com/pin/229331806001293452/>
- Cheese N' Fruit Butterflies: <https://www.babybel.com/en-us/cheese-n-fruit-butterflies>
- Crabby Waffles: <https://www.vansfoods.com/recipes/crabby-morning-waffles>
- Chocolate Peanut Butter Banana Bites:
<https://www.pinterest.com/pin/211598882479674669/>
- Butterfly Waffles with Fresh Fruit:
<https://www.mrbreakfast.com/breakfast/waffle-butterflies/>
- Ham and Cheese Pinwheels:
<https://www.pinterest.com/pin/762867624364831669/>
- Apple Cookies- Add your own toppings!
<https://www.pinterest.com/pin/510103095295149575/>
- No Bake Granola Energy Bites: https://lifemadesweeter.com/no-bake-energy-bites-9-ways/?fbclid=IwAR15oUzcv2vf84uvBnMczpjbhJe6C0rNc99L_k4ecnDvxMWepEf-H4De3cY
- Pancake Muffins: <http://twinmomrefreshed.com/pancake-muffins/>
- Sea Turtle Apple Snack: <https://www.craftymorning.com/healthy-sea-turtle-snacks-kids/>

- Pizza Toast: <https://thebakermama.com/recipes/pizza-toast/>
- Easy Dinners Your Kids Can Help Make: <https://www.tasteofhome.com/collection/easy-dinners-kids-can-help-make/>
- Celery Snails and Caterpillars: <https://pin.it/3GkCtxC>
- Create Your Own Fruit Kabobs with any fruit you have at home! <https://www.pinterest.com.mx/pin/149533650113035921/>

Dance/Zumba

Follow Along Dance/Zumba for All Ages

- Trolls: Can't Stop The Feeling | GoNoodle Dance Along: <https://youtu.be/KhfkYzUwYFk>
- 15-Minute Dance Workout: <https://www.youtube.com/watch?v=Rj2IubFfEqY>
- Dancing Queen, ABBA: <https://www.youtube.com/watch?v=Bla98LPpJT8>
- Dance A-long to "Rockabye": <https://www.youtube.com/watch?v=dkH1nZkkNbY>
- Let's Get Loud: <https://www.youtube.com/watch?v=rskjkuVyXs4>

Follow Along Dance/Zumba for Kids

- Baby Shark Dance Along: <https://www.youtube.com/watch?v=XqZsoesa55w>
- Zumba Kids- I Like to Move It: <https://www.youtube.com/watch?v=ymigWt5TOV8>
- 10 Disney Zumba Songs Dance Alongs: <https://insidethemagic.net/2020/03/disney-zumba-lp1/>
- Kids Bop Dance and Sing Along: <https://www.youtube.com/watch?v=sNog54ovi8Q>
- If Animals Danced: <https://www.youtube.com/watch?v=30ePPeUbwSs>
- Shake It Off- Zumba Kids: <https://www.youtube.com/watch?v=q0U1A7ovy3I>

- Minions- Zumba Kids: <https://www.youtube.com/watch?v=FP0wgVhUC9w>

Chair/Seated Zumba

- “Feel It Still”: <https://www.youtube.com/watch?v=KwRzMLUgIzY>
- “On the Floor”: <https://www.youtube.com/watch?v=JqIRGLPII7A>

Crafts and Activities with Minimal Supplies

- 13 Homemade Activities with 3 Items or Less: <https://www.care.com/c/stories/3882/13-crafts-for-kids-to-make-with-3-supplies-or/>
- Fun Crafts with Only 2 or 3 Items: <https://kidsactivitiesblog.com/76681/20-simple-crafts-kids-can-make-with-only-2-3-supplies/>
- Decorate your own Paper Plate Frisbee: <https://craftsbyamanda.com/paper-plate-frisbees/>
- Make a Dragonfly with Clothespins: <https://www.craftymorning.com/how-to-make-clothespin-dragonflies-kids-craft/>
- Design Candy with Pasta! (Non-edible): <https://www.handmadecharlotte.com/diy-pasta-candy-shop/>
- Make your own Sock Puppets: <https://www.handmadecharlotte.com/7-diy-sock-puppets/>
- Use Nature to Create a Masterpiece: <https://www.emilyneuburger.com/2011/07/nature-printing-pine-cones-rose-buds.html>
- Two- Ingredient Snow: <https://www.growingajeweledrose.com/2013/01/erupting-snow-recipe.html>
- 3 Ingredients for Fluffy Foam Paint: <https://dabblesandbabbles.com/3-ingredient-diy-foam-paint/>
- Fluffy Slime: <http://www.marthastewart.com/1525309/fluffy-slime-without-borax>

- Design your Own Cardboard Marble Maze: <https://therapyfunzone.net/blog/cardboard-marble-maze/>
- Painting with Ice: <https://www.easypeasyandfun.com/painting-with-ice/>
- Musical Instruments You Can Make at Home: <https://www.learningliftoff.com/make-homemade-music-with-these-6-diy-instruments/>
- Learn How to Draw Cartoons: https://www.youtube.com/channel/UC0thYMtZj_O2jV6nS-RY7Fw
- Egg Carton Turtles: <https://emmaowl.com/egg-carton-turtle-recycled-kids-craft/>
- Create Rainbow Paper: <https://www.sciencekiddo.com/rainbow-paper-kid-color-science/>
- DIY Lava Lamp: <https://www.youtube.com/watch?v=B9QdMaOIVrM>

Nature/Outdoor Activities for Spring and Summer

- Project Learning Tree Activities For Families: <https://www.plt.org/activities-for-families/>
- 60 Ideas for Outdoor Games and Activities: <https://www.signupgenius.com/home/outdoor-activities-for-kids.cfm>
- Nature Tree Craft: <https://www.pinterest.com/pin/265782815496316101/>
- Nature Scavenger Hunt: <https://www.pinterest.com/pin/307300374556500114/>
- DIY Birdfeeders: <https://www.pinterest.com/pin/507006870551463080/>
- Nature Name Activity: <https://www.pinterest.com/pin/455919162279275513/>
- Leaf Printing: <https://www.pinterest.com/pin/546624473522200080/>
- Outdoor Memory Game: http://rainorshinemamma.com/outdoor-memory-game-kids/?utm_medium=social&utm_source=pinterest&utm_campaign=tailwind_tribes&utm_content=tribes
- Color Scavenger Hunt: <https://iheartcraftythings.com/simple-color-scavenger-hunt-kids.html>

- Ideas for Growing your Own Plants at Home: <https://littlebinsforlittlehands.com/easy-seed-experiments-kids/>
- Outdoor Yoga Fun: <https://www.youtube.com/watch?v=vMMRb10LtGM&t=32s>
- Nature Sun Catcher: <https://www.coffeecupsandcrayons.com/nature-suncatcher-craft-for-kids/>
- Go on a Walk to Complete this Scavenger Hunt: https://soeasybeinggreen-blog.com/back-yard-savenger-hunt-printable/?utm_medium=social&utm_source=pinterest&utm_campaign=tailwindtribes&utm_content=tribes&utm_term=668075778_26248472_5971