

# 5 INDOOR GAMES TO BEAT THE HEAT

## 1. Balancing Beam

**Players will test out their balance with increasing difficulty!**

- **What You Need**
  - **Colored Tape**
  - **Flat Floor Space**
- **How to Play**
  - **Stick different colors of tape to the floor, in a long line.**
  - **Assign a different action to each color of type (i.e. Red = Hop, Blue = Walk Backwards).**
  - **Players are only allowed to touch tape while walking from one end to the other. If they touch any other part of the floor, they must restart.**
  - **When somebody finishes the Balance Beam, add another color of tape to the end, or change the action that each tape requires! The more challenging the better!**

## 2. Pitching Pennies

**Players will compete to show off their coin tossing accuracy!**

- **What You Need**

- **Pennies or other Coins**
- **Large Sized Paper or Plastic Cups**
- **Large Table**

- **How to Play**

- **Line up all players at a table. Each player should have 5 coins each.**
- **Place 1 cup in front of each player.**
- **Each player gets 5 shots to make as many as they can.**  
**Players earn points for each coin they make in a cup.**
- **After each round, take a step back and start a new round.**
- **Play ends when nobody makes a shot for an entire round.**
- **Feel free to use other objects like ping pong balls if coins are unavailable.**

### 3. Indoor Bowling

**Players will create their own custom-made indoor bowling alley!**

**(And maybe do some bowling too)**

- **What You Need**

- **Flat Floor Space**
- **Ten Empty Bottles or Soda Cans**
- **Plastic Ball or Tennis Ball**
- **Tape**
- **Marker**
- **Spray Paint, Markers (Optional)**

- **How to Play**

- **Using your tape, start by creating your bowling alley. Try to make it as straight and as long as possible.**
- **Peel wrappers off the cans and bottles. If you have any paint, markers, or extra tape lying around, feel free to decorate your bowling pins. Be sure to let the pins dry before bowling**
- **Create either a pyramid or triangle shape with the bottles at one end of the bowling alley.**
- **Players take turns knocking down pins and putting them back up for each other. Don't forget to bring a pencil and paper to help keep score!**

## 4. Sock Toss!

Using (hopefully) clean socks and a bucket, play a game of H.O.R.S.E. from your living room!

- **What You Need**
  - **Space to play**
  - **Socks**
  - **Bucket or Laundry Hamper**
- **How to Play**
  - **Roll socks in to as small of balls as possible.**
  - **Place bucket and find spot to throw from that it at least 6 feet away.**
  - **Take turns throwing your sock balls into the bucket.**
  - **After each shot you make, take a step back.**
  - **For a challenge, try shooting though small openings like windows or doorways!**

## 5. Ice Rescue

**Teach your children some science while they rescue their favorite toys!**

- **What You Need**
  - **Several Bowls or Cups**
  - **Water**
  - **Freezer**
  - **Several Waterproof Toys**
- **How to Play**
  - **Place each toy in a cup or bowl and fill with water until toy is fully submerged**
  - **Place cups and bowls in freeze until water is totally frozen with toys inside**
  - **Have children use tools like salt, eye dropper, spray bottles, or safe toys that can melt ice. Their goal is to safely rescue their toys from the Ice!**
  - **Have child explore their own ways of getting the toys out of the ice. The more creative the better!**