



## **Y FAMILIES AT HOME**

### **FITNESS**

The children need to get their exercise and their jitters out. Being cooped up in the house, doing their school work they need to burn off some energy.

25 Exercise Games and Indoor Activities to Get Kids Moving

➤ [www.momypoppins.com](http://www.momypoppins.com)

Crank it Up, Dance it Out, Music Activities for Kids

➤ [www.pbskids.org/games/music](http://www.pbskids.org/games/music)

Fun Physical Activity Games For Kids

➤ <https://www.moms.com/10-fun-physical-activity-games-for-kids/>

Kid-friendly workouts — choose from Strength for Kids, Agility for Kids, Flexibility and Balance for Kids, Warm-Up for Kids, Cooldown for Kids, Stand Up and Move for Kids, OR create your own custom kid workout.

➤ <https://app.sworKit.com/collections/kids-workouts>

Free at-home kids yoga lesson plans

➤ <https://littletwistersyoga.com>