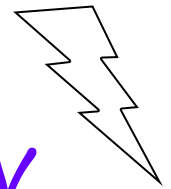
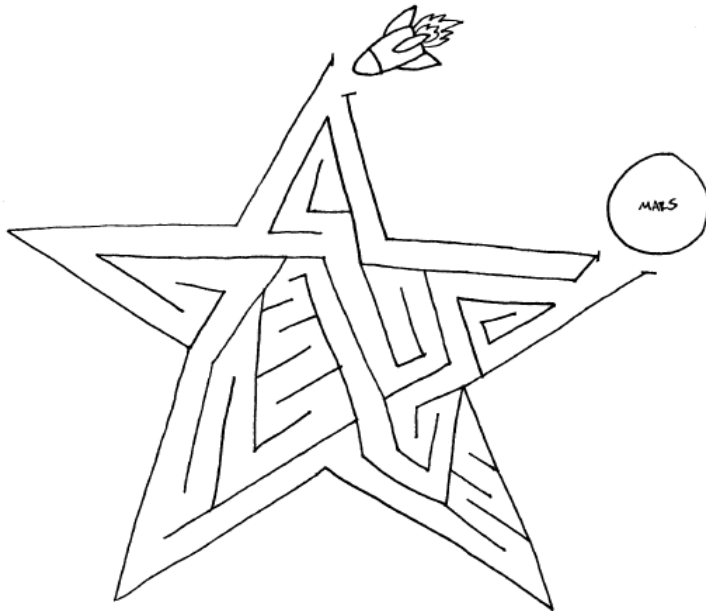


# Rainy Day Activities



## To Get Kids Away from the TV

### Guide the Rocketship to Mars.



- On average, children between the ages of 6 and 11 watch 28 hours of TV per week. ([www.unplugyourkids.com](http://www.unplugyourkids.com))
- By the age of eighteen children will have seen 16,000 simulated murders and 200,000 acts of violence on television. ([www.livestrong.com](http://www.livestrong.com))
- The American Academy of recommends no screen time for children under 2 and less than 2 hours per day for older children.
- About 98% of all televised food ads seen by children are for foods high in sugar, fat or sodium.
- Too much TV is associated with sleep disturbances, attention span issues and childhood obesity. ([www.commercialfreechildhood.org](http://www.commercialfreechildhood.org))

#### Mind Building

- Write a story
- Read a book
- Do crossword puzzles
- Do word searches
- Do mazes
- Draw
- Color
- Do a science experiment
- Make crafts
- Create a puppet show with old socks or paper bags

#### Active

- Play charades
- Play hide and seek
- Dance
- Play board games
- Help cook dinner
- Have a scavenger hunt
- Play dress up
- Build a fort in the living room
- Have an indoor picnic
- Play "keep the balloon up"
- Play musical chairs or duck, duck, goose

#### Get Out of the House

- Visit a museum
- Go bowling
- Visit the library
- Visit indoor play areas at a mall
- Indoor mini golf
- Visit the science center
- Play in the rain if there is not lightning or thunder.
- Go to a kids clubhouse
- Go ice skating
- Get a membership to the YMCA or another gym

For more ideas on indoor fun visit [www.familyfun.go.com](http://www.familyfun.go.com)