Ideas for Indoor Recess

Creative Activities

Origami: Provide paper and simple folding instructions.
DIY Crafts: Make friendship bracelets, paper airplanes, or collages.
Puzzle Stations: Offer jigsaw puzzles of varying difficulty levels.
Storytelling Circle: Take turns creating a group story.

Active Play

Balloon Volleyball: Use a balloon to play volleyball across desks or chairs.
Hula Hoop Challenges: See who can hula hoop the longest.
Yoga for Kids: Provide simple yoga poses for relaxation.
Simon Says: A classic game to get kids moving.

Social and Collaborative Activities

Building Challenges: Use blocks, straws, or cups to build tall towers.
Team Pictionary: Draw and guess in teams.
Trivia Games: Use age-appropriate trivia questions for friendly competition.
Scavenger Hunt: Create a classroom scavenger hunt with small items or clues.
Group Puzzle Race: See which group can complete their puzzle first.

Quiet Time Activities

Journal Writing: Encourage writing or drawing their thoughts.
Read-Alouds: Let students listen to a teacher or peer read a story.
Puzzle Books: Offer word searches, crosswords, or Sudoku.
Meditation or Guided Relaxation: Play calming audio for mindfulness.

Games and Challenges

Cup Stacking: Use plastic cups for speed stacking contests.
Guess That Sound: Play sound effects and have students guess what they hear.
Memory Game: Show a tray of items, then cover it and see who can recall the most.
Hot Potato: Pass an object while music plays; stop the music randomly.

Themed Activities

Pretend Play: Set up a “store,” “restaurant,” or “hospital” with props.
Cultural Exploration: Share crafts, songs, or games from different cultures.
Nature-Inspired Art: Use leaves, sticks, or other natural materials for crafts.

Web Based Ideas

(Account setup may be required)

GoNoodle - https://www.gonoodle.com/

PlayWorks - https://www.playworks.org/game-library/

Peaceful Playground - Indoor Recess Activities - https://bit.ly/IndoorAct

Move2Learn - https://www.movetolearnms.org/

Fit4Kids – ideas for indoor Recess - https://grfit4kids.org/resources//FIT4Kids-Ideas-for-Active-Indoor-Recess.pdf