



## **Indoor Activities for Surviving Bad Weather Days** **By Carrie Spencer**

You know it's important to get your kids out in the fresh air — for their health and your sanity. But unfortunately, this isn't always possible. On bad weather days, opportunities to play outside are limited. It can be helpful to have some indoor options for your kids — ideally *before* they start lamenting that they're bored.

Of course, there's no one-size-fits-all approach to keeping kids entertained while homebound. What's exciting for one kid might earn eye-rolls from others. It's easiest to keep children entertained with hobbies or activities they're already into — but some may want to push past their usual comfort zone and learn something new.

*If the weather allows it, why not visit a museum? Discover the history of Harlem, Georgia, and learn more about the famous comedy duo Laurel and Hardy at the [Harlem Museum and Welcome Center](#).*

### **Try arts and crafts.**

If you want to get crafty, think about what will work for your kids' ages and how much oversight they'll need. Smaller children might want to make [their own](#) playdough, then

create figurines or small pots and vases. Watercolors are fun for kids, too. Or, if you're willing to risk a mess, set them up with their own canvasses and affordable acrylics, which older kids might be interested in, as well.

[Find an](#) online tutorial to learn the tricks of the trade. Modeling with clay [or creating](#) papier-mâché masks or décor can also be fun. Some of these crafts can be messy, so choose an appropriate location and spread newspaper or brown paper to protect surfaces.

### **Get cooking in the kitchen.**

Teaching your kids to cook and bake is a time investment that can pay off in the long run as they learn how to fend for themselves. Even younger children can [be taught](#) basic kitchen skills — though it's important to [help them](#) understand kitchen safety.

Cookies, brownies, and even simple yeast breads are fun baking projects for kids. They can even learn some basic science while they're at it. Older kids might enjoy [trying](#) different sourdough starters or experimenting with different global cuisines. Is there a favorite recipe that's been handed down in your family? This might be your opportunity to pass it on to the next generation. And don't worry if the outcome doesn't look Instagram-perfect — take a photo anyway.

To make teaching your kids to cook easier and safer, make sure your kitchen is stocked with child-friendly cooking utensils, and line your kitchen counters with parchment paper for easier cleanup. If you're following a cooking tutorial or recipe video on your phone, a popsocket can [act as a stand](#) for your device so you don't have to keep picking up your phone to look at the screen.

### **Get involved in STEAM.**

Families that are already familiar with STEM fields (science, technology, engineering, and medicine) may enjoy STEAM even more (the additional "A" stands for "arts"). STEAM activities blend the sciences and the arts in ways that are fun and educational. Whether it's classes on coding, Lego engineering, or crafts based on science, there are [plenty of](#) STEAM-related activities available online to cater to diverse young interests. The great thing about STEAM is that, if your child is more arts-oriented, it can provide a segue for them into the sciences — and vice-versa.

### **Keep active with exercise.**

Okay, sometimes your kids are just feeling grumpy — and that's normal. Feeling different feelings is part of life. But sometimes, your kids are irritable because they're stir-crazy. What you can do indoors may be limited by the amount of space you

have or your child's abilities, so figure out what activities will be fun and safe for you and your kids. Clear a room or an area and make an activity space, if you can.

Smaller kids might enjoy a short dance party or a session of kiddie yoga. Working out with smaller children may not be the fastest path to fitness, but it can be entertaining (sometimes in ways you hadn't planned). Help school-age kids find [good online](#) instructional classes if they want to try dance, yoga, or martial arts to stay active.

If your kid ends up learning a new skill, that's great. If the new skill involves being able to make you dinner, even better! But if all you've done is keep them engaged and active, that's still a parenting win. And if you haven't? That's okay, too — just try something else, another day.

