# At-Home Exercises and Activities for Children

## EXERCISE VIDEOS

**Fitness Blender: Kids Workout**
- At home workout video for children
- 25 minutes with warm up, exercises, and cool down
- Requires no equipment, utilizes individual’s body weight.

**Jumping Jax Gym**
- 25 Minute cardio workout for children
- Demonstrates substitutions for exercise equipment
- Parent and children can participate together

**Popsugar Fitness**
- Anna Renderer at home family cardio workout
- 13 minutes, requiring no equipment

**Cosmic Kids**
- At home yoga for Children, Frozen themed

**Cincinnati Children’s**
- Cincinnati Children’s HealthWorks! Youth Fitness 101
- Playlist with 6 workout videos
- Warm up, cardio 1, cardio 2, stability ball, yoga, and cool down videos

## WHEELCHAIR / SEATED EXERCISE VIDEOS

**Cosmic Kids**
- Seated mindfulness and movement for children
- Requires no equipment

**Achilles Kids Daily Exercises**
- 5 minute chair cardio workout video

**Seek Freaks**
- 23 seated workout videos varying in time durations
- Require minimal equipment

## AT-HOME ACTIVITIES

**Beach ball/Balloon Volleyball**
- Set a sheet or string up between two chairs/trees/poles

**Beach ball Bowling**
- 9 items utilize as pins (soda liters, spray paint cans, tubes, etc)
- 1 ball to use as a bowling ball

**Giant Corn Hole**
- Throwing into multi-color hula hoops or buckets

**Throwing Frisbee / Nerf Guns / Archery**
- Target throwing into a Hula Hoop/Bucket

**Scavenger Hunt for items around the home/yard**

**Obstacle Course**
1: Putt into hula hoop
2: Guiding a small ball into a cup using a pool noodle/stick
3: Frisbee golf throw/ throwing a ball into a bucket
4: Navigating through a series of cones in an “S” shape
5: Limbo under a broom
6: Dribble through cones with a basketball
7: Shoot basketball into a goal
8: Hopping

**Arm Circuit**
1: Lateral chest raises
2: Bicep curls
3: Side Raises
4: Upright Rows
5: “Zoomies”- wheelchair pushes or short sprint distance down and back

**Active for Life**
- List of 49 at home active activities

## FITNESS VIDEO GAMES

**Nintendo Switch**
- Ring Fit Adventure
- Just Dance 2020

**Wii**
- Wii Fit Plus
- Nickelodeon Fit
- Wii Sports

**Wii Fit Plus**
- Designed to fit within a 10 foot radius
- 30 minutes for full body workout

**Wii Sports**
- 15 minutes
- Full Body workout

**Wii Fit**
- 10 minutes
- Full Body workout

**Active for Life**
- List of 49 at home active activities