



Marlboro Township

Department of Recreation

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Check Out Fun Activities!

Worried about nothing to do? Here is a collection of activities to try!

Have an idea to add? Email recreation@marlboro-nj.gov and we'll add it to the list!

✓ **Waste Paper Shootout**

- ❖ Have some paper that needs to be recycled? Crumple them up to make minibasketballs. Give each kid (and adult!) their own waste basket and have your own 3 point competition! Go for one-minute rounds and play music to make it more fun.

✓ **Hand Soccer**

- ❖ Find a 3-4 inch stress ball, use couch cushions to make boundaries and goals, players play on hands and knees, and you can only move the ball by hitting it with your hand! (Important tip: remove fragile objects including picture frames from the room...)

✓ **Learn a Dance**

- ❖ Go to YouTube, find a popular dance and learn it as a family.

✓ **Indoor Treasure Hunt**

- ❖ Hide things around the house, make a map and have your children try to locate everything

✓ **Plastic Bottle Bowling**

- ❖ Use a tennis ball and empty bottles to make a bowling lane

✓ **Tornado in a Jar**

- ❖ Using a clear, round bottle or jar, have the kids fill it with water and dish soap. Then let them shake it to make a tornado.

✓ **Fireplace S'mores**

- ❖ Chocolate, marshmallow, and graham cracker – the perfect combo when stuck inside and you have access to a fireplace! Check out some [S'mores recipes](#) !

✓ **Revive the art of pan popcorn**

- ❖ If your kids think of popcorn as something that comes out of a little bag in the vending machine, a rainy day can be the perfect time to enlighten them. Score some organic or heirloom kernels and learn to make popcorn in a pan on the stove, like your not-so-distant ancestors did. Turn to [Jolly Time](#) for instructions and read up on the mistakes to avoid with stovetop popcorn at [Bon Appetit](#).

✓ **Play some indoor games**

- ✚ Burn some energy and shake off the blues with some active games. Okay, they won't exactly get your heart racing, but they beat all-day napping. These indoor games from Parents.com fit the bill:
 - ❖ With six small, empty water bottles and a tennis ball, you can turn the hall or family room into a bowling alley. If the "pins" topple too quickly, weight them down with a little dry pasta.
 - ❖ Make a hopscotch pattern or mock balance beam with masking tape on the living room floor.
 - ❖ Play slow motion tag with toddlers. Baywatch speed is about right.

- ✓ **Turn your day upside down**
 - ❖ If the family needs to get out of an at-home rut, try turning your whole schedule around. Preschoolers and preteens alike will enjoy putting on pajamas and reading bedtime stories to start the morning and you can continue the theme with dinner for breakfast, video games in the morning (before chores are done) and so forth. Don't forget to change into whatever clothes you usually wear at given times on the "upside down" schedule. And if you need flashlights because you're doing the usual daytime stuff later at night, all the better.

- ✓ **Make a family time capsule**
 - ❖ If your elementary school age kids are the type that just soak up family stories, encourage their interest with a family time capsule project on a rainy day. Capture this point in family history with a few mementos in a sturdy box. ThriftyFun.com has more explicit directions.

- ✓ **Pile up a pillow fort**
 - ❖ Parents may think this is too old school, but the enthusiasm from your young kids and even preteens will make the whole idea new again. The Pacific Coast blog has instructions for what may or may not be the "[Best Pillow Fort of All Time](#)," but you can improvise. Make sure to do the right thing and pack a picnic lunch and flashlights for the precious hours before the fort comes back down.

- ✓ **See what animal families are doing today**
 - ❖ If you're the sort of parent who can't resist making day at home a little educational, consider tuning in to some zoo or conservation lands livestreams to view animal families from the cozy comfort of home. Consider the time zones where these animal cams are to see who might be most active and then check 'em out. A few good ones to start: the [Koala Cam at the San Diego Zoo](#), the lion, giant panda and elephant cams at the [National Zoo](#) in Washington, D.C., and the baboon cam at the [San Diego zoo](#).

- ✓ **Arts and Crafts**
 - ❖ Coloring and drawing
 - ❖ \$1 art kits from places like Target
 - ❖ Play-Doh
 - ❖ Concoct Potions (mix all your old unused beauty products together and see what happens!)
 - ❖ Finger painting
 - ❖ [Origami](#)

- ✓ **Physical Activities**
 - ❖ Dance Party (Freeze Dance)

- ❖ Simulate Outdoor Scenes (make a fort in the living room, play rainy sounds because it's a rainy campground)
 - ❖ Karaoke
 - ❖ Open a window and making up stories about what you see out there
 - ❖ Air-mattress trampoline
 - ❖ Build an obstacle course
 - ❖ [Step Challenge](#)
- ✓ **Games**
- ❖ Stacking toys (Magna-Tiles, Blocks, etc.)
 - ❖ Workbooks and puzzles
 - ❖ Variations of Uno - Change up the rules for some of the cards to make the game interesting and unique
 - ❖ Learn a [magic trick](#)
 - ❖ Balloon Sports (Volleyball, Keep up & Hockey)
- ✓ **Food**
- ❖ Baking
 - ❖ Snacks in shapes - Use cookie cutters for more than cookies (sandwiches, cheese, etc.)

Source:
The Cut

<https://www.thecut.com/article/indoor-activities-for-kids.html>

Source: The Atlanta Journal-Constitution

<https://www.ajc.com/events/kids--family/kid-friendlyactivities-while-you-stuck-home/7Eu5bO3a9RIHvSNs1ZZArK/>

✓ **Podcasts/Ted Talks**

<https://www.wired.com/story/best-podcasts-for-kids/>

https://www.huffpost.com/entry/podcasts-for-kids-education_1_5d409722e4b080ce9f126b04

<https://www.lifewire.com/safe-podcasts-for-kids-4171516>

https://blog.feedspot.com/kids_podcasts/

https://www.ted.com/playlists/86/talks_to_watch_with_kids

- ✓ **Activities for in the Parks – Visit one or all of our beautiful parks** <https://marlboro-nj.gov/parks-facilities> Make sure to check out our “pocket parks” in the community, less crowds and more room to run and play! ***Stay Safe! Follow CDC Guidelines!***
- ❖ Hike, [Scavenger Hunts](#), Photography, [Nature Bingo](#), [Outdoor Education Worksheets](#), [Stargazing](#), Workout, Hide-N-Seek, Start a Rock Collection, [Egg drop contest](#), Fly a kite, Paper boat engineering, have a picnic, Litter clean up, Paper airplane contest, [Bug Hunting](#), Obstacle Course, Yoga
 - ❖ Hit the [Henry Hudson Trail](#) for the day (walk, bike, jog or stroll)