

The following are indoor activities of skill-building games for your kids to play on a cold and snowy day. Get your kids moving to boost social interaction and inspire a love of learning from the comfort of home.

-BALLOONS AND NOODLES: Take a pool noodle and cut it in half. Use the noodle as a paddle to tap a balloon in the air. A great hand/eye coordination skill.

-BALLOON TENNIS/VOLLEYBALL: Use two chairs and get creative by draping a blanket or sheet between the chairs to use as your net. Tap the balloon back and forth and try to keep the balloon from touching the floor. Switch it up by doing this standing or sitting. Another great hand/eye coordination skill.

-HULA HOOPING: Hula hooping is a great way for kids to get some heart healthy exercise. Have a contest on who can spin the hoop around their waste the longest.

-TARGET PRACTICE: Use empty toilet paper rolls, plastic bottles and socks. Line up toilet paper rolls and empty water bottles. Have the kids throw rolled up socks to knock over these soft targets.

-MUSICAL CHAIRS: This traditional game can be played by setting up your kitchen chairs in a circle. Choose music to play. Walk around the chairs when the music starts. Find a chair to sit in when the music stops. Leave the game if you're left without a chair. Remove one more chair and play again. Continue playing rounds until there is one person left.

-FAMILY BAND PARTY: Gather utensils, plastic bottles, small buckets or empty yogurt containers. Help your child build basic musical skills. Start by tapping familiar songs using utensils on empty bottles or buckets. Then, challenge them to find other household materials to make music with.

-TWISTER GAME: This classic game can be found on Amazon or at Kohl's. Prices vary from \$15.97-\$19.99. An action packed way for kids, tweens and teens to get their energy out. This group game includes instructions to play in teams along with tips for hosting a Twister tournament. Break out the mat for family game night! There is also Twister Ultimate for \$22 on Amazon. The floor mat is twice the size of the original with more and bigger spots.