

# Wizzy's Rainy Day Ideas



**HEART THUMPERS**

**Running on the spot**

**Dancing- dance mat**

**Dance/Exercise DVD**

**Swimming**



**Skipping**

**Walking up & down  
the stairs**

**Indoor trampoline**

**Gymnastics**

**Star Jumps**



**Cheerleading**

**Volleyball using  
a balloon**



**Circuits**

**Treasure Hunt**

**Play Keepy upy with a  
Bean Bag/Balloon**

**Hide and Seek**

**Twister**

**Hula hoop**

**Bowling**



**Press ups**

**Action songs  
- Hokey Pokey**

**Balloon games**

**Obstacle course around  
the house**

**Jumping up and down**

**Tidying the house**

**HEART BUMPERS**

**BEFORE YOU START YOUR ACTIVITY MAKE SURE YOU GET AN ADULT TO CHECK WHAT YOU'RE DOING IS SAFE – WIZZYS FAVOURITE ACTIVITIES ARE ALWAYS LOTS OF FUN AND ALWAYS SAFE.**

**The ideas shown here were sent to Wizzy by children in the Pilot Schools.  
If you can think of any more tell your teacher & they can send your ideas to Wizzy today!**

