

Play Harder: Winter Olympics for the Whole Family

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The Winter Olympics are in full force and it is a great way to inspire activities for the whole family. Here are some fun games to create a little family-friendly competition in your house.

Indoor Activities

Figure "Skating" - This works best if you have hardwood floors. Get on your softest socks and make up routines to fun music. Throw in some figure 8s and spins for added style points! (Just keep those feet on the ground. No bumped heads, please!)

Ring Toss - You can be as creative as you want with this. Using items around the house (I'm thinking pipe cleaners and plastic cups), make rings and set up the cups to be tossed over.

Curling - With a few imaginative changes, you too can be a curler. For this version you need some cotton balls, straws and

colored tape. Use the colored tape to mark the starting point and your target on a flat surface (could be a counter, long table or smooth floor). Use the straws to blow the cotton ball from one end to the other.

Javelin - No throwing spears, please. How about those straws from the curling contest? The furthest throw wins!

Outdoor Activities

Biathlon - The official Olympic sport requires skis and a rifle. We are going to keep this more family-friendly. Set up an obstacle course in the backyard (ours would include the giant mounds of snow from our driveway) to complete and then a second task requiring precision. If you have snow, make snow balls and throw at a target. If you don't have snow, try shooting a basketball. Best time and precision wins!

Sledding - Make teams and send sleds down the hill at the same time for fun downhill races. You can race back up the hill, too!

Snow Ball Shot Put - Make a pile of snow balls and get throwing. The furthest throw wins. Just watch out for your opponents aim!

Broom Ball - Who needs hockey? Grab some brooms and a soccer ball and set up two goals. It's a great game to play in the snow!

What kind of fun games and activities are you doing with your family?