



The Surprise Jar

8 indoor morning activities to print, cut, and drop into your jar

Each morning, let your child pick one chit from the jar. Watch them wake up excited.

01

Stretch and Freeze Dance

Do a few simple stretches together, then put on music. When it stops, everyone freezes in whatever pose they are in. Movement plus play -- the perfect way to wake up the body and lower morning anxiety.

02

Balloon Keep-It-Up

One balloon, zero rules. The only job is to keep it from touching the floor. No teams, no scoring, no setup. Just movement, reflexes, and the kind of breathless laughter that loosens even the grumpiest morning mood.

03

Follow the Leader

One child becomes the teacher, picks a movement or pose, and everyone copies. They love being in charge. This gives your child a real sense of control -- and a child who feels in control at home is more cooperative at school.

04

Indoor Treasure Hunt

Hide a small object and leave 3 to 4 simple clues around the house. This sparks curiosity and excitement first thing in the morning -- exactly the feeling that makes a child want to get out of bed.

05

Animal Walk Relay

Race across the room doing crab walks, bear crawls, and bunny hops. Silly, physical, and full of giggles. By the time they are done, the morning grumpiness has moved through their body.

06

Simon Says (Movement Only)

Keep every command physical -- jumping, spinning, touching toes -- so it works as a mini workout. Fast-paced enough to wake them up, fun enough that they forget they are exercising.

07

Dance Like Zumba

Follow along with a kids' dance video on TV or YouTube for a few minutes. Music, movement, and a little silliness together. The whole family can join in -- and that shared energy sets a warm tone for the day.

08

Opposite Action Game

Call out a direction or action, and they have to do the opposite. Say left, they go right. Say jump, they sit. This sharpens focus and gets their brain switched on -- which means better attention at school too.