



LIVING ROOM OLYMPICS

IDEAL AGE: 3+

Create your own Olympics celebration with household game challenges, homemade medals, and a closing ceremony in the comfort of your own home.

LEARN TOGETHER

Celebrate being silly and develop a healthy understanding of friendly challenges, teamwork, and competition in the comfort of your home.

MATERIALS

- Paper
- Crayons or markers
- Costumes
- Toilet paper tubes, Paper plates, Tissue boxes, Empty bottles
- Balls, Spoons, Brooms or other small toys or household objects
- Tape

MAKE TOGETHER

- 1 Prepare your opening ceremonies:
 - Each player creates a flag using paper, crayons, or markers for the nation that they will represent. You can represent a real place, somewhere from a story, or even a made-up place!
 - Introduce each player's name (Funny names are encouraged!), their costume, and the nation they represent. Toilet paper tubes, hairbrushes, and large spoons make excellent pretend microphones.
 - Sing a song together to represent the household anthem.
- 2 You can invent your own Olympic games, but here are some suggestions:
 - Paper Plate or Tissue Box Speed Skating and Figure Skating: Stand on paper plates or in empty tissue boxes and slide your feet on the ground to move. Let's see who can speed skate across the room or set a figure skating routine to music.
 - Empty Bottle Bowling: Stand empty bottles or toilet paper tubes up together to be your pins. Who can knock them down by rolling a ball?
 - Spoon Relay Race: Station players in line across the room. The first round of racers must carefully run a small toy or household object on their spoon across to the next person, then transfer the toy to their partner's spoon. Keep relaying the toy until every player on your team has gotten it. Be careful not to drop your object off the spoon! Time this game to see how quickly you can do one lap or how many laps each team can run in two minutes.
 - Broom Curling or Hockey: Broom curling—Tape down some circles on the ground, see if you can sweep a ball or a pillow into the middle circle! Can you bump your opponent's out of the way? Hockey—Set goals on either side of the room and use paper plates or tissue boxes as skates as you use brooms to knock a ball or pillow into the opposing team's goal.
- 3 Closing Ceremonies: Create Olympic medals out of anything you can find: yogurt lids, paper, magazine cut-outs, etc. Award medals based on silly categories like: Biggest Flop, Silliest Laugh of the Game, Most Spoons Dropped, Funniest Costume

For more fun activities, please go to
cmom.org/resources

