

# 100 Things to do indoors

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- 21. Make cards for everyone at home
- 22. Get some sheets to flap and pretend they are the waves and jump in
- 23. Make cakes
- 24. Get material or cardboard and make mermaid or merman's tails
- 25. Get all the chairs together and make a bus, play conductors and drivers
- 26. Make a camp in your bed
- 27. Make a dark den and use a torch
- 28. Write a letter to a neighbour or friend
- 29. Colour in a colouring book or draw a picture
- 30. Make wool or string hair over a chair
- 31. Have a pamper day
- 32. Have a scrunched up paper fight (from recycling)
- 33. Make ice lollies with cordial and water
- 34. Make sandwiches in strange shapes
- 35. Make a pretend car from boxes/furniture
- 36. Learn a rhyme or poem
- 37. Make paper aeroplanes
- 38. Have a pirate adventure, make boats from boxes or furniture
- 39. Blow bubbles and catch them
- 40. Make a number frieze for the wall, decorate



- 61. Play I spy
- 62. Open your windows and sing out a song
- 63. Learn Days of the Week Song
- 64. Play musical statues
- 65. Learn a Beatles song
- 66. Learn a Queen song
- 67. Make an indoor restaurant and serve your family
- 68. Have a toy's tea party
- 69. Roll balls down the stairs
- 70. Be superheroes with capes
- 71. Eat cereal with a gigantic spoon
- 72. Have an ice cream party
- 73. Enter an online competition to win a prize
- 74. Vacuum your home
- 75. Polish your home
- 76. Fold up sheets
- 77. Use a sheet as a parachute to fluff up and hide under and play parachute games
- 78. Make binoculars with toilet rolls and look out the window at the birds
- 79. Make yoghurt pot telephones
- 80. Make a junk model rocket as large as you can

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- 1. Make non-cook playdough, then have a Dough Disco
- 2. Paint 'our families' portrait
- 3. Write and make a book
- 4. Draw flowers or the fruit bowl
- 5. Learn some laughter yoga [www.robertrivest.com](http://www.robertrivest.com)
- 6. Finger paint
- 7. Make a band from kitchen pots and pans
- 8. Footprint paint
- 9. Have a dance alarm every 30 minutes
- 10. Have a karaoke
- 11. Send a video message to family and friends to get them busy
- 12. Have a birthday party for a pet or cuddly toy
- 13. Have an indoor picnic
- 14. Discover your favourite story and share it together
- 15. Order books alphabetically
- 16. Have an indoor treasure hunt
- 17. Dress up in adult shoes
- 18. Find a fairy door in your house or garden
- 19. Do the Hokey Cokey
- 20. Take a selfie through a toilet roll tube and pretend you are on the moon



- 41. Read Pirate George series available on Kindle
- 42. Make a papier mache sculpture over a balloon
- 43. Keep a balloon up in the air game
- 44. Play a board game
- 45. Play hide and seek
- 46. Play dominoes
- 47. Learn a card game
- 48. Make smoothies
- 49. Perform a puppet show
- 50. Make shadow puppets
- 51. Make finger/sock puppets
- 52. Choreograph a dance or learn a dance routine
- 53. Have an upside down meals day, lunch for breakfast etc.
- 54. Learn a sing-along for Spread the Happiness TV
- 55. Learn to cook something new
- 56. Learn Brilliant Beast Song on Spread the Happiness TV YouTube Channel
- 57. Leave happy notes all around the house
- 58. Make a fitness routine and put your family through their paces
- 59. Using vegetables, make characters
- 60. Dance and sing to Knees up Mother Brown



- 81. Create a comedy show
- 82. Pretend to conduct an orchestra to music
- 83. Hike up your stairs like it is a mountain, so so high
- 84. Roll around a large space in your home
- 85. Hop around like a bunny
- 86. Learn to play sleeping bunnies
- 87. Learn and act out 5 Little Monkeys
- 88. Find as many collections of 10 things in your home as you can
- 89. Dance in the shower
- 90. Sing in the shower
- 91. Squirt shaving foam in your hands
- 92. Make a scrap book of your favourite things, people
- 93. Play Jack in the Box in a large cardboard box
- 94. Have a themed party
- 95. Stay up late to look at the stars with a night time picnic
- 96. Play apple bobbing
- 97. Jump on the bed
- 98. Bash a piñata
- 99. Do coin rubbing with paper and crayons
- 100. Play pass the parcel



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