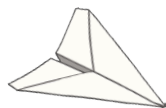




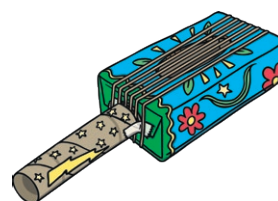
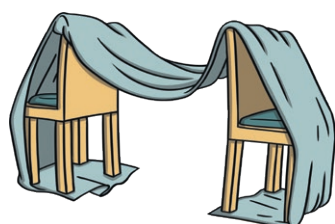
100 Fun Indoor Activity Ideas



- 1 Indoor camping - make a fort or tent out of blankets/furniture. Turn off the lights and use torches to explore. ☐
- 2 Group yoga class - take turns to lead a session. Silly poses welcome! ☐
- 3 Teach yourself a magic trick using an online tutorial/video and perform it for your family members. Can they guess how it was done? ☐
- 4 Hot seating - you or a family member can pretend to be a favourite TV/story/video game character. Encourage everyone else to 'interview' the person in the hot seat. ☐
- 5 Play board games, card games or complete a big jigsaw puzzle as a family. ☐
- 6 Learn another language. Use the Internet to learn how to say 'hello' in different languages. ☐
- 7 Write a diary entry every day as if you are an alien who is stuck living with a weird human family on Earth. What normal things have your family done today that would seem really strange to an alien? ☐
- 8 Create question cards to pick at random ask to one another, such as 'What is your earliest memory?' or 'What is your favourite colour?'. ☐
- 9 Using basic craft materials, like cardboard tubes and boxes, make a puppet show that you can perform using a torch to create shadows on the wall. ☐
- 10 Charades - act out a TV show, book, film or song for others to identify. ☐
- 11 Make a simple bird feeder to hang outside. ☐
- 12 Sort through old/unwanted clothes or material scraps and use a home sewing kit to repurpose the fabric. You could make your own teddy or cushion. ☐
- 13 Baking/cooking - can you make a snack or meal out of limited resources? ☐
- 14 Edit and improve your favourite story. Can you swap the author's adjectives for more effective words? ☐
- 15 Research happy news articles from around the world and make your own happy news bulletin, newspaper or TV show. ☐
- 16 Think of a fundraising craft you could make using basic materials. You could sell these at a later date to raise money for charity. (e.g. balloons filled with salt as 'stress balls', hand-drawn badges, keyrings) ☐
- 17 With a sibling, have a competition of who can build the tallest free-standing tower using a set number of pieces of dried spaghetti and one 30cm piece of sticky tape. ☐
- 18 Think of six games/activities you would like to do. Make a spinner using paper, a pencil and a paperclip. Whatever the spinner lands on is the activity to do first! ☐
- 19 Create your own code. Change each letter of the alphabet for a picture or symbol and write a secret, coded letter to a sibling/parent/carer. Can the recipient decode it? Can they make up their own code, too? ☐
- 20 Drawing session - spend family time creating artwork of pets, family members or favourite animals. Create your own art gallery to display your artwork. ☐
- 21 Make your own board game. Draw a simple track or path on paper and number the spaces. Use dice and small toys to play the game. ☐
- 22 Make a family tree, either just on screen/paper or go 3D! Add photos and stories about each person. ☐
- 23 Memory games - close your eyes, then someone moves something in the room. Can you tell what it is? Extra fun if you use the whole house. ☐
- 24 Treasure Hunt - can you find these items in your home? Can you make something using these items? ☐
- 25 Secret challenge - make cards with ideas of things you have to get other people to do, e.g. sing a song. Everyone chooses a card in secret. Then, you have to try to get someone to do what's on your card in the course of the day, without them knowing. ☐

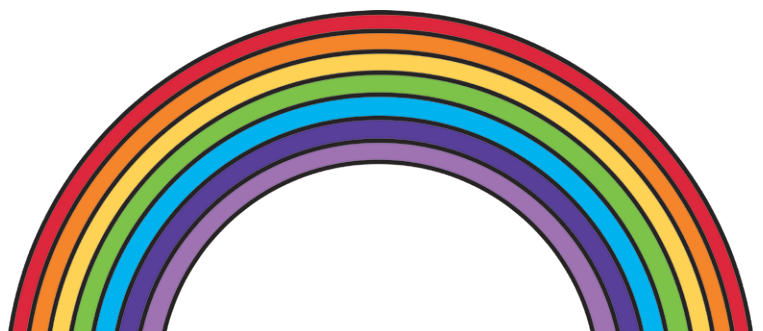


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| 25 | Secret challenge - make cards with ideas of things you have to get other people to do, e.g. sing a song. Everyone chooses a card in secret. Then, you have to try to get someone to do what's on your card in the course of the day, without them knowing. | ☐ |
| 26 | Look at weather maps online and make your own weather forecast. | ☐ |
| 27 | Grow rainbow crystals using sugar and food colouring. | ☐ |
| 28 | Clean coins using vinegar. Place the coins into a shallow dish and cover with vinegar. After a while, empty out the vinegar and give the coins a rinse to see how much shinier they are! | ☐ |
| 29 | Put on a show for your family. You could make up a story to tell everyone, sing your favourite songs or perform a dance. | ☐ |
| 30 | Home dance class - look online to find a dance routine to learn or create your own routine to a favourite song. | ☐ |
| 31 | Learn semaphore or morse code and send messages. | ☐ |
| 32 | Make your own simple musical instrument using empty cardboard boxes and containers. For example, you could make a guitar by stretching rubber bands over an empty box. | ☐ |
| 33 | Chromatography experiment - put felt-tip dots on a piece of kitchen roll, dip it in water and watch the colours split. | ☐ |
| 34 | Look at a map and plan an adventure (either one you might do later or a complete fantasy round the world trip). Research the places you would like to visit. | ☐ |
| 35 | Learn origami - look online for some simple instructions to follow to make items by folding paper. | ☐ |
| 36 | Put seeds or the ends of things you've eaten (such as carrot tops) into water and see if you can grow them. | ☐ |
| 37 | Create an obstacle course in the house. Who can complete it the quickest? | ☐ |
| 38 | Memory games - objects on a tray, take one thing away. Can you tell what has changed? | ☐ |
| 39 | Taste games - have a variety of different foods available. Close your eyes and taste them one at a time. Can you guess what the food is? | ☐ |
| 40 | Hide pieces of a large jigsaw puzzle around the house to find and then complete. | ☐ |
| 41 | Create a scrapbook from a recent holiday using tickets, drawings, photos and your own memories of the holiday. | ☐ |
| 42 | Learn how to bullet journal. | ☐ |
| 43 | Learn your favourite song in sign language. | ☐ |
| 44 | Research and invent the world's best paper plane through trial and improvement. | ☐ |
| 45 | Make a meal or a snack that looks like something else. (e.g. a hedgehog of cocktail sticks and cheese) | ☐ |
| 46 | Make a helicopter using only paper and paperclips. | ☐ |
| 47 | Compete to find the most things in your house that are... (e.g. square, blue, shiny, round, soft) | ☐ |
| 48 | Get three jars/boxes. Write or draw random prompts on bits of paper. For example, some animals in jar one, pieces of clothing in jar two and extra items (instruments, vehicles, tools, etc.) in jar three. Each day, take a prompt from each jar and create a drawing or story which includes all three items, e.g. a cat wearing sunglasses playing a saxophone. | ☐ |
| 49 | Write an email to a friend or family member. Maybe you could attach a drawing or photo? | ☐ |
| 50 | Look online to find some new songs or rhymes to learn and perform together. | ☐ |





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| 51 | Use a phone or tablet to make short stop-motion animation of toys moving across the room. | ☐ |
| 52 | Have a video call with a relative. You could read them a story, show them a drawing you have done or tell them about what you've been doing. | ☐ |
| 53 | Watch a TV show or video together. As you watch it, write questions to talk about afterwards. What happened in the show? | ☐ |
| 54 | Make invisible ink using lemon juice and a few drops of water. Write a message on paper by dipping a paintbrush in the lemon juice mixture and write a secret message. Place the message on a radiator, near a lightbulb or in the sun to reveal the hidden message. | ☐ |
| 55 | Create an old-looking treasure map or letter by using tea or coffee to stain a piece of paper. | ☐ |
| 56 | Make a colourful poster to hang in your window to display to people who pass by. | ☐ |
| 57 | Explore how many times you can fold a piece of paper in half before it becomes impossible. Talk about what you find out. | ☐ |
| 58 | Fold strips of paper to make paper caterpillars. Can you make a family of caterpillars of different lengths? | ☐ |
| 59 | Gather a selection of colourful items from around the house. Can you arrange them to look like a giant rainbow? | ☐ |
| 60 | Story-writing - one person starts a story, then the next person continues it and so on until the whole story is complete. This could be just a spoken story or written down. You could draw pictures to accompany your story too. | ☐ |
| 61 | Look out the window and see what creatures you can see outside. Which creature appears the most? | ☐ |
| 62 | Make your own playdough or salt dough and use it to make models. | ☐ |
| 63 | Teach yourself how to juggle. | ☐ |
| 64 | Make a time capsule. What would you put inside a box to open in one, five or ten years time? | ☐ |
| 65 | Cut out an image from a magazine or newspaper and extend it by putting it on paper and drawing around the edges to continue the picture. | ☐ |
| 66 | Make a flipbook or moving picture story by drawing similar pictures onto the corners of a notebook. | ☐ |
| 67 | Pretend to be a teacher - can you teach your family something you learnt at school? | ☐ |
| 68 | Create some wrapping paper, a pattern or a picture by dipping cut potatoes or carrots into paint and pressing them onto paper. | ☐ |
| 69 | A visit from the queen - someone pretends to be the queen and everyone responds as if they are. | ☐ |
| 70 | Create a racing track using sticky tape and get out your toy cars. | ☐ |
| 71 | Use a balloon to play balloon volleyball or table tennis. | ☐ |
| 72 | Create characters by drawing heads, legs, shoes, arms and mismatching them. | ☐ |
| 73 | Make your own doll's house using a shoebox and paper dolls. | ☐ |
| 74 | Make a bowling set with empty bottles and a soft ball. | ☐ |
| 75 | Put a little washing-up liquid and water on a plate and mix in the centre. Put straws onto the plate and see who can blow the biggest bubble. | ☐ |



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| 76 | Create a touch and feel box. Put an object in a box with a hand-sized hole. Can you guess what is inside the box just by feeling it? Challenge your family to have a turn too. | ☐ |
| 77 | Play indoor basketball using a bin and a rolled up pair of socks. | ☐ |
| 78 | Create a family podcast. | ☐ |
| 79 | Make up new lyrics to a familiar tune - even better if you can make it rhyme! Your song could be about your family or your favourite hobby. | ☐ |
| 80 | Read the end of a book. Imagine the beginning and middle to make up your own story. | ☐ |
| 81 | Make your own slime following an online recipe. | ☐ |
| 82 | Hang several balloons from the ceiling using string. Use different colours or draw shapes onto them with a permanent marker. Call out colours or shapes and have a race to hit the hanging balloon first. | ☐ |
| 83 | Make your own snap game of by drawing matching cards of things that interest you (monsters, card, food, etc.). | ☐ |
| 84 | Guess who - think of a person. Give clues or let the other person ask questions to guess who it is. | ☐ |
| 85 | Play a game of 'What does it mean?' - give your child a tricky word, e.g. an unusual animal name. Give them a brief as if they are charged with investigating - we need to find out what this word means. Can they research the animal/word in books or online? They could present their findings in pictures, writing or maybe in a PowerPoint presentation. | ☐ |
| 86 | Guess the animal - without making any noises, act like an animal for others to identify. Can you act like an elephant, a penguin or a cat? | ☐ |
| 87 | Make a target throwing game - provide an empty cardboard box and sponges to throw into it. Try standing further away - can you still throw the sponges into the box? | ☐ |
| 88 | Make a writing tray from glitter or sand and practise writing letters with your fingers. | ☐ |
| 89 | Cut different size and shape holes in a tarpaulin and label with different scores. Hang the sheet vertically and score points by throwing a sponge through the holes. | ☐ |
| 90 | Fashion shoot - dress your family members up and take photos. | ☐ |
| 91 | Have a cinema day at home! Make some popcorn and watch a favourite film together. | ☐ |
| 92 | Play hide-and-seek. You could even hide a toy and say 'warmer' or 'colder' as others get near to or further away from the hidden toy. | ☐ |
| 93 | Make a house, car or bed for a soft toy using empty packaging or building bricks. | ☐ |
| 94 | Cut some shapes out of paper and arrange them to create pictures and patterns. | ☐ |
| 95 | Make your own jigsaw puzzles out of old greetings cards or pictures from magazines. Cut the pictures into large pieces and put them in an envelope as a puzzle to complete. | ☐ |
| 96 | Make a picture frame for a favourite piece of artwork. Cut the side off of a cardboard box and cut out a shape from the middle. Decorate your frame using materials of your choice. | ☐ |
| 97 | Building brick cities - use building bricks to recreate the city/town/village that you live in. | ☐ |
| 98 | Use an online recipe or recipe book to bake some treats for everyone. | ☐ |
| 99 | Make some popcorn. Use straws to blow the pieces along the table. Add obstacles for popcorn Olympics! | ☐ |
| 100 | Set up a photo booth and take selfies. Try making funny faces or make props out of paper to use in the photos. | ☐ |

