

140 things to do indoors...

Some ideas to keep you busy (there are a few that you might have to research a bit before you try them – let us know how you get on...)

How many can you tick off?

- ★ Draw a character from your favourite book
- ★ Make a bird feeder
- ★ Car drawing on a large scale
- ★ Build a den using blankets
- ★ Make ice paints... *(and when you do – tell us what they are ;-)*
- ★ Have an indoor picnic
- ★ Play with bubbles and warm water in the sink
- ★ Follow a simple drawing challenge online
- ★ Create your own bubbles/bubble wands
- ★ Create your own dance routine
- ★ Have a tea party
- ★ Play hide and seek
- ★ Learn how to count in a new language
- ★ Go on a treasure hunt
- ★ Use paper cups to create different formations
- ★ Use chalk outside
- ★ Explore painting techniques by famous artists
- ★ Make and play with gloop
- ★ Write a story
- ★ Video yourself telling a story to share with a friend
- ★ Create a village with construction toys
- ★ Bake some cakes/biscuits
- ★ Explore science with a simple investigation
- ★ Design and make your own book marks
- ★ Built a boat with floats
- ★ Create pom pom soup - *again we'd love to know more...*
- ★ Play charades
- ★ Make potions
- ★ Make nature portraits
- ★ Make a family time capsule
- ★ Write a letter to someone special
- ★ Enjoy a movie
- ★ Junk modelling
- ★ Build a tall tower using blocks
- ★ Host your own puppet show
- ★ Watch some funny videos on you tube
- ★ Roll cars through paint
- ★ Make your own pizza
- ★ Go on a number hunt around the house
- ★ Create an obstacle course
- ★ Potato printing
- ★ Make a paper plane and fly it
- ★ Make a collage using magazines/cards/craft materials
- ★ Look at family photos together
- ★ Plant some seeds
- ★ Ice and decorate biscuits
- ★ Design a kite
- ★ Baby/toy wash station
- ★ Make a funny video – send to family/friends to make them smile



- ★ Have an indoor disco
- ★ Art on a large scale
- ★ Learn a magic trick
- ★ Do some rock painting
- ★ Paint on foil
- ★ Freeze toys in ice and rescue them using warm water
- ★ Makes prints with paint using Lego blocks
- ★ Paint a picture
- ★ Play snap using a deck of cards
- ★ Make your own play dough
- ★ Photo challenge – take photos with a camera with items on a list
- ★ Draw flags from different countries
- ★ Make your own slime
- ★ Research a famous author
- ★ Make a musical tune
- ★ Design a fairy garden
- ★ Make a picture using stickers
- ★ Make your very own shop
- ★ Plan, prepare and cook a family meal together
- ★ Draw your own portrait
- ★ Make a tower with shaving cream and wooden blocks
- ★ Make a fruit kebab
- ★ Write your own quiz



- ★ Facetime a family member or friend
- ★ Hide and seek with toys – write clues to help others to find them
- ★ Make paper chain decorations
- ★ Do a puzzle
- ★ Make a writing tray to draw pictures and write messages
- ★ Go on a shape hunt around the house
- ★ Keep a tally of the colour of cars passing your house
- ★ Have an indoor teddy bear picnic

- ★ Find out about famous landmarks around the world
- ★ Have a bubble bath
- ★ Learn some new songs
- ★ Make a paper plate creation
- ★ Make a bug hotel
- ★ Make a cardboard tube marble/pom pom/car run
- ★ Make a town in a cardboard box
- ★ Have a sort out and tidy your room
- ★ Play a board game or two
- ★ Make shadows/shadow puppets
- ★ Create a life size drawing of you, get someone to draw around you
- ★ Make bubble snakes
- ★ Get out the craft stash and make something
- ★ Dress up
- ★ Do some gardening
- ★ Make sock puppets using unpaired socks
- ★ Make some mud cakes in the garden
- ★ Do some colouring
- ★ Find out about local wildlife in your area
- ★ Make a scrap book
- ★ Read to someone
- ★ Play Simon Says...
- ★ Do a garden bird watch and make notes of the birds you see
- ★ Make a mask
- ★ See what pictures you can find in clouds
- ★ Discover some new jokes
- ★ Do some painting with shaving cream
- ★ Make some homemade wrapping paper



- ★ Throw an item (ball/bean bag/) and try to hit a target (*Good Tip - not the television or mum's favourite picture...*)
- ★ Make a musical instrument
- ★ Make jelly
- ★ Re-grow some vegetable scraps
- ★ Use cardboard rolls to make shapes to print in paint
- ★ Practice using scissors
- ★ Make a sensory small world and bring a topic/favourite book to life
- ★ Learn about wonders of the world
- ★ Do a float or sink science experiment
- ★ Play noughts and crosses
- ★ Play I spy with my little eye...



- ★ Paint a glass jar
- ★ Chose an author and research all the titles they have written

★ Keep a play diary of what you get up to

- ★ Learn about different animal habitats
- ★ Act out a story you love
- ★ Play dominoes
- ★ Draw a portrait of yourself
- ★ Make a crown/hat to wear
- ★ Check in on a relative over the phone
- ★ Make some salt dough and create a keep sake
- ★ Paint on ice
- ★ Explore colour mixing using the 3 primary colours
- ★ Make play mud
- ★ Create and imagine using a cardboard box
- ★ Try some mess free painting in a bag
- ★ Play hot potato
- ★ Play hangman
- ★ Have a PJ day
- ★ Indoor bowling
- ★ Do some bubble painting

(Thanks to learning and exploring through play for a fab list)

Check out more ideas about looking after your wellbeing at

www.startnowcornwall.org.uk

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