

100 Things to do indoors

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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.roberttrivest.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



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



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 Mather Brown



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



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 pinata
99. Do coin rubbing with paper and crayons
100. Play pass the parcel

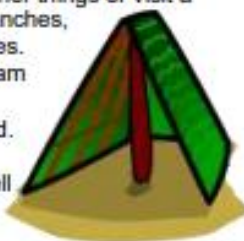


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Personal, Social & Emotional Development

- Talk about what you like and do not like about being outdoors. What is your favourite outdoor space and why?
- Design and build a den with your friends. Ask an adult to provide you with some old sheets or blankets and other things or visit a wooded area and build a den from fallen branches, sticks, leaves and any other natural resources. See how well you can work together as a team and share ideas.
- Take turns with your friends to be blindfolded. Have your friends safely guide you around outdoors asking you to touch, feel and smell things. Can you guess what the objects are?



Communication & Language

- When your friends are not looking, hide some objects outdoors. These can be sweets, coins, toys, shells, sticks or anything you have to hand. Without telling your friends exactly where the hidden objects are, try to describe their location or give them clues. How quickly can they find all the hidden objects?
- Go to a large outdoor space and experiment with sound. How close to your friends do you need to be for them to hear your whispers? How far apart do you need to stand until they cannot hear your shouts? Find a tunnel or a bridge to stand under and experiment with echoes.



Expressive Arts & Design

- Make some homemade natural paint by crushing up berries or soaking some freshly picked flowers in warm water. Always check with an adult whether the berries or flowers you are using are safe. Use your natural paint to create a beautiful picture.
- Create some ground art. Collect lots of outdoor objects, e.g. sticks, stones, rocks, leaves, shells, sand, soil. On a mat or slatted area, arrange your objects in a way to make a giant natural picture. Take a photograph of your ground art to keep.



THEME / TOPIC



OUTDOOR PLAY

Physical Development

Gross Motor Skills

- In the garden or at a local park, create an obstacle course to complete with your friends. Who can do it in the quickest time?

Fine Motor Skills

- Mark Making. Use paintbrushes and water to make water paintings on the slabs or crayons to make rubbings on different textured surfaces – walls, fences, trees, etc. Try using objects from outdoors to make marks with, e.g. sticks in the sand, use feathers instead of brushes to paint a picture.



Knowledge & Understanding Of The World

- Learn about rainbows! On a sunny day it is possible to make your very own rainbow using a water spray bottle or a hose. Turn away from the sun and spray a mist of water into the air. Talk about the colours you see. Talk about why this is. Look up more information online about rainbows.
- Take part in a nature watch. Sit quietly in the garden, wooded area or even a nature hide in a country park. Using binoculars, keep a look out for any wildlife. Keep a note of what you see, make sketches or take photographs.



Literacy

- Arrange objects you find outdoors to spell out your own name.
- Go on a walk around your local area. What signs can you spot and what do they say? Can you find all the letters of the alphabet?
- Try storytelling in an interesting outdoor space. In the garden, in the woods, in a tent or den you have built or around a campfire. Can you act out part of the story with your friends?
- Write a list of all the outdoor words that you know. Can you find any that rhyme?



Maths

- Collect lots of outdoor objects, e.g. sticks, stones, feathers, shells, leaves, etc. Sort them into categories of colour, type, shape or order them in size.
- Use outdoor objects to do simple sums, e.g. what is 3 stones add 5 stones?
- Arrange outdoor objects to make patterns. Discuss whether your designs are symmetrical.
- Look for symmetry and reflections outdoors.

