

100 Things to do indoors

www.spreadthehappiness.co.uk



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 crunched 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



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



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



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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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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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