

100 Things to do indoors

www.spreadthehappiness.co.uk



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 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



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



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



There are lots of FREE home learning ideas and activities available on the internet for you and your child/ren to enjoy! Lots of websites are offering free subscriptions due to the Coronavirus. Choose some from the list above and click on the images below to check out the ideas, games and activities on these free websites.

<p>The Ladybird's Adventures</p>  <p>100 OUTDOOR ACTIVITIES FOR KIDS</p>	<p>Lots of fun outdoor ideas you can use in the garden. No need to register.</p>
	<p>Username: march20 password: home</p> <p><i>We use the games on this website to help the children remember what they have been taught in phonics, which will help them learn to read!</i></p>
	<p>Register for free to access the free ebooks – you just need to add your email address and create a password</p>
	<p>Register and download resources for free - you just need to add your email address, create a password and use the offer code: UKTWINKLHELPS.</p>
	<p>Have a go at some the activities in the 'Building with Beginning Readers' section. No need to register</p>
<p>Cosmic Kids</p> 	<p>Yoga, mindfulness and relaxation activities for children. No need to register</p>
	<p>Maths, literacy and phonics games, activities & stories to enjoy. No need to register</p>
	<p>Thousands of ebooks to choose from. Access is free for 30 days, you just need to add your email address and create a password</p>
<p>Tricky word songs</p> 	<p>No need to register.</p>

	
<p>Count to 100 by 1s.</p>  <p>Count to 100 by 2s</p>  <p>Count to 100 by 5s.</p>  <p>Count to 100 by 10s</p> 	<p>No need to register. We use these songs in school</p>
	<p>No need to register. More fun ideas are being added each day.</p>
	<p>You can access the free 30 day trial. You just need to add the school's name, enter your name, an email address and select a job from the drop down list (use teacher/TA)</p>
	<p>No need to register or subscribe.</p>
<p>Joe Wicks daily PE sessions</p> 	<p>Monday – Friday 9am free workout on Joe's YouTube channel</p>
	<p>Free reading and writing resources, audiobooks, videos, competitions and reading challenges.</p>