

Indoor activities to try

1. Hold an **Indoor** Treasure Hunt
2. Create a Town in a Cardboard Box
3. Build a Fort with Blankets and Pillows
4. Make a Home Cinema
5. Tidy Out the Playroom/bedroom
6. Play Board Games or make your own
7. Make Shadow Shapes and puppets ideas on Youtube
<https://www.youtube.com/channel/Uct8o0j0ouYdjIEHcZTj0BQQ>
8. Eye spy
9. Bake something or make your own sandwich together
<https://www.bbcgoodfood.com/recipes/microwave-mug-cake>
10. Sing some favourite songs together
11. Play a memory game - see sheet
12. Rainbow walk - see sheet
13. Learn a new skill via Youtube -
Origami <https://www.youtube.com/watch?v=nnV262Egucw>
Paper aeroplane <https://www.youtube.com/channel/Uct8o0j0ouYdjIEHcZTj0BQQ>
14. Cosmic yoga via Youtube -
Pokemon Yoga <https://www.youtube.com/watch?v=tbCjkPlsaes>
Minecraft Yoga <https://www.youtube.com/watch?v=02E1468SdHg>
15. Hide and seek
16. Relaxation time
Guided meditation <https://www.youtube.com/watch?v=DWOHcGF1Tmc>
17. Read a book for fun
18. Drawing and colouring
19. Make up a story
20. Make a play
21. Hold a teddy/toy tea party
22. Lego challenge - see sheet
23. Make your own comic
24. Hold a puppet show using old socks
25. Choreograph a dance routine or use gonoodle on Youtube

26. Who am I? Who am I game.....

What You Need. ...Pens, sticky notes or card and ideas of famous people!

1. Each person writes the name of a famous person on the post it and sticks it on the forehead of the person to their left.
2. Each person takes turns in asking questions that will reveal the identity of the name on their head, for example, am I a boy or a girl? Am I a singer? Am I an actor?
3. The rest of the players can only respond with 'yes' or 'no' answers.
4. The first person to guess their identity wins!

27. Guess the animal yes or no game - Think of an animal the other person has to guess what you are thinking about but you can only answer with yes/no

28. 54321 grounding technique - see sheet

29. Write a letter to your future self about what you like and don't like now. Put an age on it for when you can open it in the future

When watching Youtube videos please check the content before showing your children. We have done our best to suggest things with appropriate content but this may change as we have no control over content on the internet. As the parent you have the final say over what is or is not appropriate for your child.