

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 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



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Life skills by age ‘

Ages 2 and 3: Small Chores and Basic Grooming

This is the age when your child will start to learn basic life skills. By the age of three, your child should be able to

- Help [put his toys away](#).
- Dress himself (with some help from you)
- Put his clothes in the hamper when he undresses
- Clear his plate after meals
- Assist in setting the table
- Brush his teeth and wash his face with assistance

Ages 4 and 5: Important Names and Numbers

Safety skills are high on the list, now. She should know

- Her full name, address and a phone number to reach you
- How to make an emergency call

Your child should also learn how to

- Perform simple cleaning chores like dusting in easy-to-reach places and clearing the table after meals
- Feed pets
- Identify money denominations and understand the very basic concept of how money is used
- Brush her teeth, comb her hair and wash her face without help
- Help with basic laundry chores, such as putting her clothes away and bringing her dirty clothes to the laundry
- Choose her own clothes to wear

Ages 6 and 7: Basic Cooking Techniques

Kids at this age can start to [help with cooking meals](#), and can learn to

- Mix, stir and cut with a dull knife
- Make a basic meal, like a sandwich
- Help put the groceries away
- Wash the dishes

Your child should also learn how to

- Use basic household cleaners safely
- Straighten up the bathroom after using it
- Make her bed without assistance.
- Bathe unsupervised.

Ages 8 and 9: Pride in Personal Belongings

By this time, your child should take pride in her personal belongings and take care of them properly. That includes being able to

- Fold her clothes
- Learn simple sewing
- Care for outdoor toys such as her bike

Your child should also learn how to

- Take care of [personal hygiene](#) without being told to do so
- Use a broom and dustpan properly
- Read a recipe and prepare a simple meal
- Help create a grocery list
- Count and make change
- Take out the trash

Ages 10 to 13: Gaining Independence

Ten is about the age when your child can begin to perform many skills independently. She should know how to

- [Stay home alone](#)
- Go to the store and make purchases by herself
- Change her own bed sheets
- Use the washing machine and dryer
- Plan and prepare a meal with several ingredients
- Use the oven to broil or bake foods

Your child should also learn how to

- Read labels
- Iron clothes
- Use basic hand tools
- Look after [younger siblings](#) or neighbors

50
things to do
before you're
11³/₄

How many have you done?

We've been working closely with kids just like you to put together this list of the best things to do before you're 11³/₄. (Although lots of them are still great fun even when you're 81³/₄.) You'll find fun things to do for every kind of outside place, from mountains to sea, forests to fields. So what are you waiting for? Get out there and see how many you can do!



1. Get to know a tree



2. Roll down a really big hill



3. Camp outdoors



4. Build a den



5. Skim a stone



6. Go welly wandering



7. Fly a kite



8. Spot a fish



9. Eat a picnic in the wild



10. Play conkers



11. Explore on wheels



12. Have fun with sticks



13. Make a mud creation



14. Dam a stream



15. Go on a wintry adventure



16. Wear a wild crown



17. Set up a snail race



18. Create some wild art



19. Play pool sticks



20. Go paddling



21. Forage for wild food



22. Find some funky fungi



23. Get up for the sunrise



24. Go barefoot



25. Join nature's band



26. Hunt for fossils and bones



27. Go stargazing



28. Climb a huge hill



29. Explore a cave



30. Go on a scavenger hunt



31. Make friends with a bug



32. Float in a boat



33. Go cloud watching



34. Discover wild animal clues



35. Discover what's in a pond



36. Make a home for wildlife



37. Explore the wonders of a rock pool



38. Bring up a butterfly



39. Catch a crab



40. Go on a nature walk at night



41. Help a plant grow



42. Go swimming in the sea



43. Help a wild animal



44. Watch a bird



45. Find your way with a map



46. Clamber over rocks



47. Cook on a camp fire



48. Keep a nature diary



49. Watch the sunset



50. Take a friend on a nature adventure