

100 Things to do indoors

www.spreadthehappiness.co.uk



1. Make non-cook playdough, then have a Dough Disco
2. Paint your families' portrait
3. Write and make a book
4. Draw flowers or the frog 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



Why not have a go at one of these indoor challenges?
How many can you complete this week?

On going weekly task!

This week is Children's Mental Health Week and this year's theme is 'Express Yourself'



What is self-expression and why is it important?

Self-expression is about communicating your individuality.

This can be through words, clothing and hairstyle, or through art forms such as writing, drawing, music and dance. Self-expression can help you to showcase your true self – your story, your thoughts, feelings and emotions.

But this can also make us feel vulnerable, so you might want to take things one step at a time. We often get told by our family, friends, school, communities and through social media how we 'should' look, think, speak, and act. These constant messages about what we ought to do, and who we ought to be, can make it difficult to let go of expectations and express our true selves.

Self-expression is a great way to relieve yourself of stress and free your mind.

Monday

Activity:

Fill a puzzle piece full of pictures and words all about you.



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Activity:

Today you can do some cooking! Your challenge today is to make a healthy snack. Here are lots of ideas that you can click on and try, or you can make your own!

Why not write a recipe to share with your friends? Or draw a picture and label it with all the ingredients that you used.



Fruit & nut yogurt

By [Good Food team](#)

★★★★★ 2 ratings [Rate](#) [7 comments](#)

[Magazine subscription - 5 issues for only £5](#)

⌚ Prep: 5 mins
👤 Easy
🍴 Serves 1



Apple & sultana muffins

By [Good Food team](#)

★★★★☆ 39 ratings [Rate](#) [38 comments](#)

[Magazine subscription - 5 issues for only £5](#)

⌚ Prep: 15 mins
👤 Easy
🍴 Makes 12

Tuesday



Healthier flapjacks

By [Good Food team](#)

★★★★★ 28 ratings [Rate](#) [24 comments](#)

[Magazine subscription - 5 issues for only £5](#)

⌚ Prep: 10 mins
👤 Easy
🍴 Makes 12



Pitta pockets

By [Barney Desmazery](#)

★★★★☆ 1 rating [Rate](#) [1 comment](#)

[Magazine subscription - 5 issues for only £5](#)

⌚ Prep: 5 mins
👤 Easy
🍴 Serves 1



Rainbow fruit skewers

By [Good Food team](#)

★★★★★ 11 ratings [Rate](#) [5 comments](#)

[Magazine subscription - 5 issues for only £5](#)

⌚ Prep: 15 mins
👤 Easy
🍴 Serves 7



Instant frozen berry yogurt

By [Cassie Best](#)

★★★★★ 42 ratings [Rate](#) [17 comments](#)

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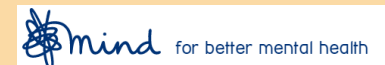
⌚ Prep: 2 mins
👤 Easy
🍴 Serves 4

Having a healthy diet can help...

- **Improve your mood.**
- **Give you energy.**
- **Help you think more clearly.**

Click on the Mind Charity logo to find out more.

Healthy eating is so important for our mental health and wellbeing.



Have a go at the wellbeing bingo below!

Wednesday

Outdoor learning:

It is really important for our wellbeing that we get fresh air and spend time outside. Go for a walk and see if you can spot any of the signs of winter. Record what you can find!

Wellbeing Bingo



Have a go at playing our wellbeing bingo and see if you can find people to play with you or try it later with your friends and/or family.

In the past week I have...

Sung in the shower 	Played with a furry friend 	Had a good sleep 	Spent some time with my family/friends 
Listened to my favourite tune 	Read a good book 	Watched a great movie/TV show 	Eaten something delicious 
Done some exercise 	Stayed hydrated 	Drawn a picture 	Laughed until my cheeks hurt 
Spent some time in a park 	Danced 	Treated myself 	Visited somewhere new 

Illustrations by Jen Sprinwall

Signs of Winter Activity Sheet

Head outside and see if you can find signs of winter. When you find them, use the boxes to write a description of what you see.

Add extra discoveries onto the back of the sheet.

Deciduous Trees



Leaves on the floor



Ice or snow



Evergreen Trees



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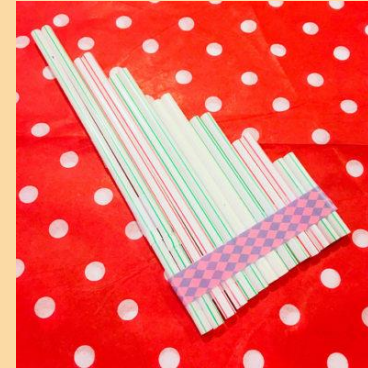
Today you can make some music!

Create homemade instruments with household items. Try creating shakers by using pasta and rice in empty bottles. You could also try using bottles either with filled with varying degrees of water or empty and scraping them with spoons or twigs to make sounds, or just upturned pans and colanders.

There are lots of ideas for you to click on and try!



Thursday



Creating instruments together can be a fun activity and the instruments can then be used to explore different aspects of music.

Music can help brighten our emotional well-being



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Activity

Today you can make some art!

You don't need loads of things to make art, most things around your house can be used for it.

Here are some ideas for materials to make your art:

paper

pens

pencils

paint

cardboard (like from cereal boxes)

natural materials (things from outside)

food (like coffee or chocolate to make paint)

fabric (old or torn clothes)

string

tape

anything recyclable

There are lots of ideas for you to click on and try, if you don't fancy any of them you can choose to express yourself and make your own!



Friday



Art is one of the biggest ways for us to express ourselves.