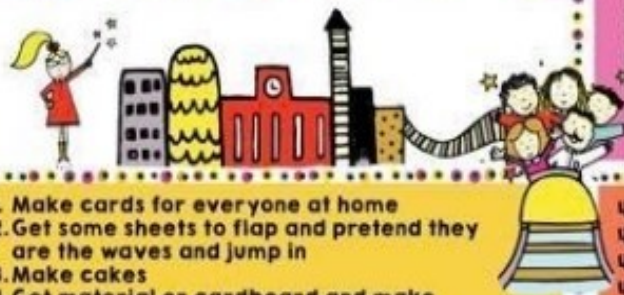


100 Things to do indoors



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 and 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



1. Number Hunt in Jelly

The early years maths activity: – Learning Numbers with Jelly by Make Do and Friend

In a nutshell – First, spread out some plastic numbers in jelly layers. When it's all set, give out some tongs to children and show them how to pick up the numbers from the wiggly substance (and practice their fine motor skills along the way!). This sensory play is a great way of sneaking in number recognition to something fun and engaging for the children.

What you need –

- Jelly
- Bowls
- Plastic Numbers
- Tongs



2. LEGO Patterns

The early years maths activity: – DIY Lego Pattern Cards by A Crafty Living

In a nutshell – Good, old LEGO. Useful – in so many different ways, here it comes to the rescue yet again. Prepare some cards with colourful blocks on them and let kids discover colour patterns and reproduce them with LEGO blocks. Consider leaving the colouring part to your little learners to include some EAD a in the mix too.

What you need –

- Paper Cards
- Coloured Pencils
- LEGO Blocks



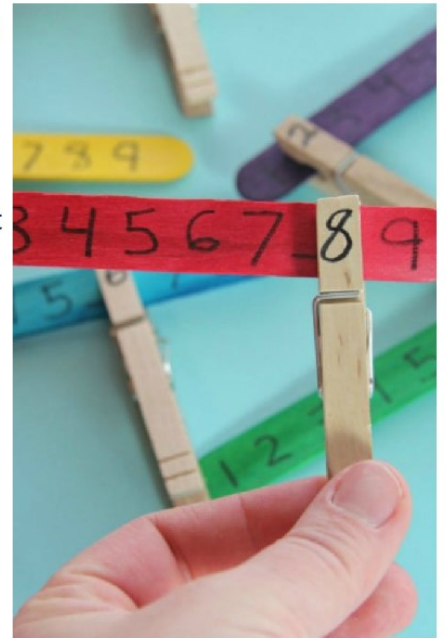
3. Missing Numbers

The early years maths activity: – [Missing Number Math Activity by Planning Playtime](#)

In a nutshell – Write number sequences on craft sticks and remember to leave some blanks in between. Next, you write the missing numbers on a bunch of clothes pins and give them out to your class. Now you're ready to let the kids use their fine motor skills and clip the pins on sticks. The best thing about this inexpensive early years maths activity is that you only create the props once and they're ready to be used as many times as you like.

What you need –

- Craft Sticks (colour or plain)
- Sharpies
- Clothes Pins



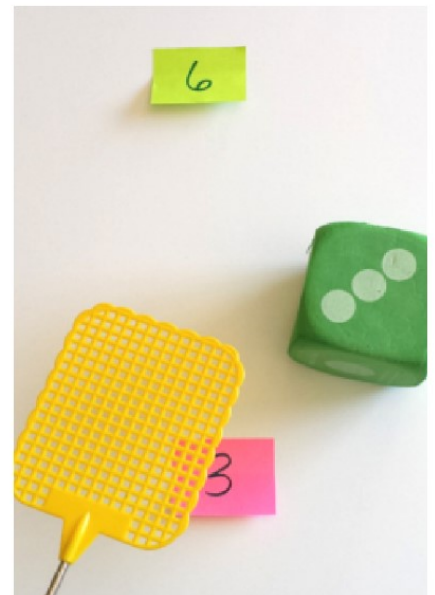
4. Smack It

The early years maths activity: – [Smack the Number Counting Game by Fun Learning for Kids](#)

In a nutshell – Prepare some sticky notes with various numbers and place them in front of the children armed with fly swatters. The goal of this simple yet fun game is for the little ones to identify the number on the dice and match it with the ones written on sticky notes before smacking the correct answer with a fly swatter!

What you need –

- Dice
- Fly Swatter
- Sticky Notes



5. Straws and Pom Poms

The early years maths activity: – [Straw and Pom Poms Counting Game by Nurture Store](#)

In a nutshell – Label small containers with some numbers that you'd like your learners to practice and prepare some straws and pom poms. To play this early years maths activity, the kids simply put the straw on a pom-pom, suck in to try and pick it up and drop over the containers until they've got the right number in each one.

What you need –

- Pom Poms
- Straws
- Shallow Containers
- Labeled Stickers (or any paper, glue and marker)



6. Do-a-Dots!

The early years maths activity: – [Number Dots and Easy Touch And Count Activity by Busy Toddler](#)

In a nutshell – Tape some parchment paper to the wall and write several numbers, each decorated with as many dots as the number. Now, kids can touch each dot with a do-a-dot marker and see the number and the quantity all together! You can also put the paper on the floor but holding a marker up and out makes this not only an activity for early years maths but also a good way to strengthen those little arm muscles.

What you need –

- Parchment Paper
- Sharpie Marker
- Do-a-Dots Markers



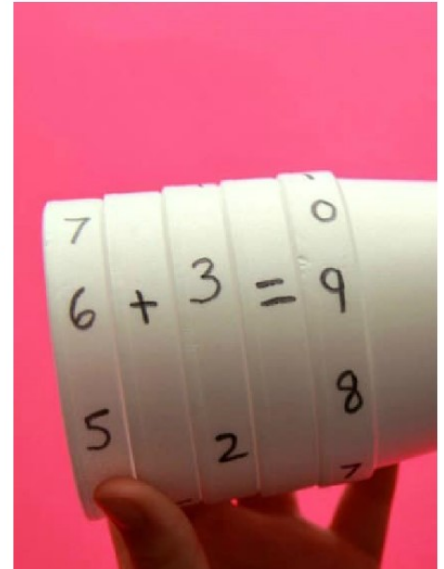
7. Spinning Cups

The early years maths activity: – [Cool Math Activity for Kids by Planning Playtime](#)

In a nutshell – It's a great, interactive activity for introducing simple equations. You just need to take a sharpie, write some numbers and mathematical symbols on the edges of styrofoam cups, and then stack them on each other in a logical order (e.g. $1 + 3 = 4$). Now, show the little ones how to spin the different cups and create true equations!

What you need –

- Styrofoam Cups with Lips
- Sharpie Markers



8. Egg Cracking

The early years maths activity: – [Egg Cracking Counting Activity by Modern Preschool](#)

In a nutshell – Create 'eggs' by cutting out oval shapes from cardboard and write different numbers on them. Let the kids identify the numbers and crack the eggs by punching the corresponding number of holes in them. This exercise can also help develop hand muscles.

What you need –

- Cardboard
- Hole Punch
- Sharpie Markers
- Scissors



9. Musical Maths

The early years maths activity: – [Top 10 Counting Songs by Super Simple Songs – Kids Songs](#)

In a nutshell – [According to the BBC](#) “When children are singing they are taking in information and training the brain but they don’t think they are, they think they are just having fun. Singing is an aerobic activity that boosts oxygenation in the bloodstream, increasing mental alertness”. We agree! Check out these 10 lovely songs to give it a go.

What you need –

- A Music Player



10. Broken Hearts

The early years maths activity: – [Valentine Math Activity – Broken Heart Numbers by Fun a Day](#)

In a nutshell – Here’s an idea for February 14th. Simply cut out some hearts and cut each in half using different zigzags, squiggles and so on. Then write a number on one side and draw a corresponding number of hearts on the other. Well done, you’ve just created puzzles! Now it’s time for the little ones to find matching parts of the broken hearts.

What you need –

- Construction Paper
- Sharpie Markers

