



# **FUN INDOOR ACTIVITIES DURING SELF-QUARANTINE**



# THE ULTIMATE STAY-AT-HOME Bucket List of Activities

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- Play a board game
- Movie night (with popcorn)
- Make a pillow fort
- Make some slime!
- DIY Ice cream sundaes
- Make your own movie
- Have a photo shoot
- Stargaze
- Write a letter to someone
- Write and perform a short play
- Learn a new card game
- Perform a silly fashion show
- Make your own play dough
- Write a song
- Dance party!



- Bake some cookies
- Make your own smoothies
- Make peanut butter sandwiches and cut into shapes
- Hula hoop contest
- Paint rocks to hide around your garden
- Draw your own comic book
- Make a bird feeder from recycled plastic bottle
- Make a time capsule and bury it
- Play family charades
- Make puppets and have a puppet show
- Paint your own masterpiece
- Go on a scavenger hunt
- Put a puzzle together
- Fill a box with old toys to donate



# THE ULTIMATE STAY-AT-HOME In-Door Fun Educational Games

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## ❖ Sticky Note Wall Bop:

- Write the 26 letters of the alphabet on post-it note's (each letter on its own post-it).
- Stick the individual letters to a door or wall, in a random order. (If you don't have post-it's use normal paper and stick them up with tape or prestik)
- Make a "start" line a few feet away from the door (more if you have older kids).
- Have your child stand behind it with a soft ball, bean bag, stuffed animal or pair of rolled up socks.
- Instruct them to throw their object to try and hit the "A" or the "T". Players with more advanced aim and spelling skills can try and hit all the letters in specific words.
- To make it even tougher, if they miss one of the letters, have them start all over again!).
- Alternatively, write different point values on each sticky/letter and give your child 10 throws. For each target they hit, mark down the number of points. At the end of the round, tally up to crown a winner (or if playing solo, have them try and beat their previous score).
- *Make sure your kids are retrieving their throwing object themselves...running and bending down to pick it up over and over again is all part of the exercise!)*



## ❖ Floor Bop:

- Take Wall Bop to the floor. Instead of aiming up high, your kids will now have to toss an object to land on pieces of paper on the floor. The same rules as above can apply.



# THE ULTIMATE STAY-AT-HOME More In-Door Fun Educational Games

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## ❖ ABC Hunt:

- Give your kid/s a notebook and pencil to write with.
- Have your kids go around the house/room with the notepad writing down the name of the item they find that corresponds with each letter of the alphabet.  
For example - A for apple, B for Barbie, C for Crayola, etc.
- *They should return to you with a list of 26 items in the house/room.*

## ❖ Letter Hunt:

- Write letters of the alphabet on a post-it note/paper that make up a word (eg. ELEPHANT) and hide them around the house/room.
- Send the kids looking for the letters and see how many words they can make up with the found letters. (e.g hen, eel, pant, etc) and
- See if they can come up with the word you originally wrote down.



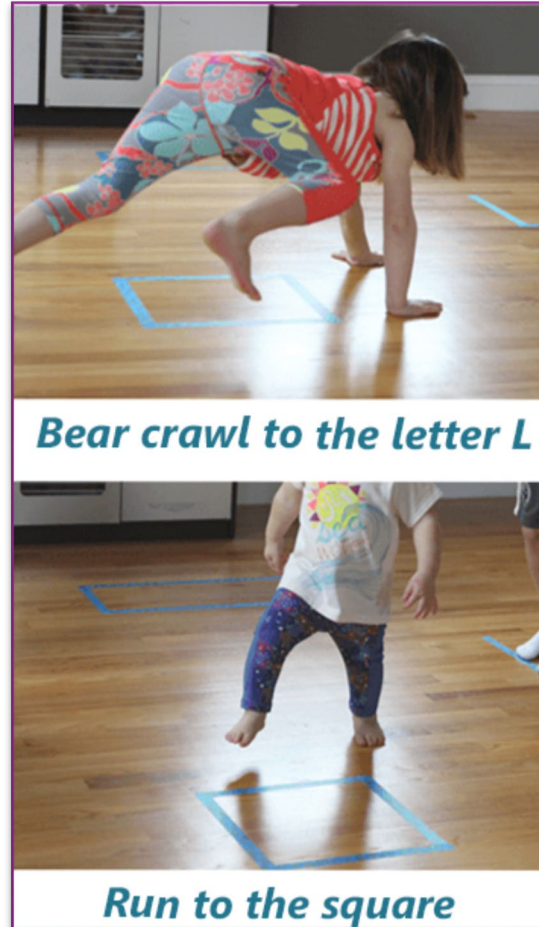


# THE ULTIMATE STAY-AT-HOME More In-Door Fun Educational Games

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## Shape Twist:

- Use tape/string/chalk to put a variety of shapes, letters and/or numbers on your floor.
- Have your child stand on their favorite one as the starting point.
- Give them instructions to follow that will lead them to their next destination (for example: "bear crawl to the square", "hop like a Frog to the T", "Run to the rectangle", Bunny hop to the 7).
- We love that this game as it keeps your child moving, but also helps them learn their shapes, letters and numbers!
- This game is suitable for all ages. For older children make the spaces further apart, or make them spell words by hopping, jumping, crawling or sliding to each letter of a given word.



# THE ULTIMATE STAY-AT-HOME More In-Door Fun Educational Games

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## ❖ Dance Party!

- Turn on the high-energy music and have a dance off!
- Make sure you have a large open space (clear of toys to trip on) and
- Twirl, twist and shimmy your way around the room
- Mom, Dad, Grandparents and adults at home should join in and aim to make the children laugh with their most ridiculous dance moves

## ❖ Freeze Dance:

- Add a twist to your dance party where one person stops the music and everyone else must instantly freeze.
- If you catch someone moving, they're out.
- The last one standing (or dancing in this case), wins.

## ❖ Musical Letters:

- Make pieces of paper with big letters on them and spread them around the room.
- Play some music while participants dance and then stop the music and call out one of the letters.
- Participants/dancers have to immediately find the letter and sit down on it.
- If they pick the wrong one, have them do 15 jumping jacks (or whatever age appropriate movement you decide).
- Scale this activity to fit the level of your child.



# BEST EVER NO-COOK PLAY DOUGH RECIPE

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## You will need:

- 2 cups [plain flour](#) (all purpose)
- 2 tablespoons [vegetable oil](#) ([baby oil](#) and [coconut oil](#) work too)
- 1/2 cup [salt](#)
- 2 tablespoons [cream of tartar](#)
- 1 to 1.5 cups boiling water (adding in increments until it feels just right)
- [gel food colouring](#) (optional)
- few drops [glycerine](#) (secret ingredient for stretch and shine!)

## How to:

- Mix the flour, salt, cream of tartar and oil in a large mixing bowl
- Add food colouring TO the boiling water then into the dry ingredients
- Stir continuously until it becomes a sticky, combined dough
- Add the glycerine (optional)
- Allow it to cool down then take it out of the bowl and knead it vigorously for a couple of minutes until all of the stickiness has gone. \* This is the most important part of the process, so keep at it until it's the perfect consistency!\*
- If it remains a little sticky then add a touch more flour until just right



# Jelly Slime! An Edible Taste-Safe Recipe

## (Recipe yields 1 Cup of Jelly Slime)

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### ❖ You will need:

- Measuring cups
- A mixing bowl
- Wooden craft sticks or a spoon to stir your Jelly Slime ingredients
- 3 oz. Box of sugar free Jell-O
- (NOTE: if using cherry / flavors that are red in color it will leave some dye behind on your hands. It comes off after a few hand washes)
- 1 cup cornstarch
- 1/2 cup warm water
- A cookie sheet or play/activity tray for playing with your prepared slime / to protect the surface that you're playing on.



### ❖ How to:

1. In a mixing bowl, combine cornstarch and contents of Jelly packet.
2. Mix the cornstarch and Jelly mixture together well (combining both of the dry ingredients evenly), using a spoon or a wooden craft stick.
3. Slowly mix water into the mixture (stirring the entire time.)
4. The mixture may become tough to stir as you're adding water. Resist adding extra water though, as the consistency will become more dough-like and less like slime. Continue to stir until the entire 1/2 cup of water has been incorporated evenly. If you need to add water add a small drop or two at a time, because the consistency will change quickly.
5. Play with your prepared Jelly Slime on a protected surface or tray, have fun, and ENJOY!
6. Store Jelly slime in an airtight container in the refrigerator for up to a week. You may need to add a drop or two of water to the mixture after it's been refrigerated to bring it back to the desired consistency.





**For more tips and ideas of having fun and  
staying safe at home, please visit**

<https://inmed.org.za/community-resources-during-covid-19/>