

# THE ACTIVITY ROOM



# INDOOR ACTIVITIES

Activities to Keep Handy  
When You're *Stuck Inside*



Poke pipe cleaners through holes in a colander.

Push ribbons into a narrow-neck bottle and pull out again.

Thread o-shaped cereal onto dry spaghetti noodles.

Cut apart and punch holes in the sides of egg carton cups and thread pipe cleaners through to connect them.

Snip straws into pieces.

Cut pipe cleaners in 1" sections and push them through the holes of a large spice bottle. Poke them in, shake them out and repeat!

Make a 'rattle' with a bottle. Set out snack items (Goldfish, raisins, etc.) and a bottle to stick them in and close the lid. Shake!

Stick craft sticks into a narrow neck bottle and shake them out again. Repeat!

Sort pom poms by color or size in a muffin tin, or just transfer them back and forth. Add tweezers for some fun!

Practice pouring water from a pitcher into cups. Take it outside!

Make a paper clip chain! See how long you can go.

Clip clothespins (slotted style is easier for younger) onto the edge of a bucket.

Play with blocks. When you're done, hand over kitchen tongs for clean up time.

Hang a bucket from a 'clothesline' made with yarn. Clip ribbons around the line to remove and put in the bucket.

Stick tape onto a surface. Criss cross over each other. Peel the tape off, one by one.

Tape cardboard tubes (toilet paper, paper towels) to a wall or the fridge. Drop pom poms through to fall into a tub at the bottom.

Draw letters or shapes on a chalkboard or whiteboard. Trace over them with water to erase them away.

Roll out a tube of play dough and pound golf tees into it using a toy hammer.

Fizzy experiment! Drop colored vinegar into a tray of baking soda using eye droppers.

Weave something with ribbon! What can the kids weave? Baby gate, stair railing, clothes basket, cooling rack.

Keep kids busy with rubber bands, or hair bands. Slide them on and off a can of food, one at a time.

Draw several dots in several colors on a piece of paper to make a simple connect the dots. Draw lines to connect the same colored dots.

Make a bird feeder by threading o-shaped cereal onto yarn and tie the ends together. Hang outside for the birds!

Ahead of time, build tower structures with blocks and snap photos of each of them. Then provide the photos to your child to rebuild the towers.

I spy baggy! Write letters, words, shapes or notes on a piece of paper and put in a large baggy. Add rice on top of the paper. Let the kids 'spy' the letters through the rice.

Snip straws into one inch sections and thread a necklace using shoestring or yarn.

Set a cup on the floor and stand over a couch or railing and try to aim a piece of yarn into the cup.

Tape a target on the floor and blow pom poms to hit the bullseye.

Pretend to be the "Claw Grabbing Machine" with pom poms in a bowl and grab them with a clothespin.

Cut paper snowflakes.

Wrap a rubber band around your fingers and pass objects back and forth.

Staple construction paper together to make a pouch that becomes a mailbox. Set out paper and a pencil to 'write' letters and mail them.

Cut an object out of paper. Write in the middle "S is for Snake" or "T is for Tree" in regards to the object. Write various letters around the edge of the object. Find the letter that the object starts with and clip each with a paper clip.

Find various pairs of leaves in nature. Tape one of each leaf on the back of a piece of paper. Rub crayons over front side of the paper to show the leaf! Match the remaining leaf to the crayon rubbings.

Write their name on a piece of paper in highlighter. Then trace over it with pencil. Trace over that with glue. Trace over that with yarn!



Make a homemade balance beam using old boards. Then walk along it! Can you do it backwards?

Tape a runway of contact (sticky) paper to the floor, sticky side up. Run across, crawl over, or lay on it!

Set up a very simple obstacle course with cushions (line then up, stack them, make small ramps and tunnels) and have objects to crawl across to find.

Tape a bubble wrap runway to the floor and run along it! Drive trucks across it to hear it pop!

Lay pillows and cushions on the floor in a line. Attempt to walk across them!

Make an activity course to crawl over, under and run through. Use dining room chairs, ABC mat (or books) as stepping stones, and add balloons to move through the course!

Wad newspapers into 'basketballs'. Aim and shoot them into a basket!

Tape a few different large shapes on the floor (circle, rectangle, square, etc). Sit on opposite ends of the shapes and roll a ball back and forth and shout out what shape the ball crosses or lands on.

Line up plastic bottles to go bowling! Roll a strike!

Tape two lines as the sides of the roads around the house! Create intersections and curves!

Tape lines of tape on the floor equal distances apart and challenge the kids to a jumping game. Measure how far they can jump.

Draw a large maze on the driveway in sidewalk chalk for kids to find their way through.

Hunt for nature. Use colors and shapes as clues.

Go on a scavenger hunt around the house to explore textures. Can you find something that's bumpy?

Head to your local appliance store and grab a large box! Fill it with newspapers and add little trinkets and treasures to dive in and find.

Night time fun! Shut off the lights and go on a flashlight scavenger hunt to find pre-hidden objects!

Create a sticky spider web with tape across an open doorway. Throw balled-up newspapers to stick to it!

Have kids walk along straight, curvy and zig zag lines of tape on the floor, or blow pom poms along them.

Go on a spy hunt! Tape diagonally between walls down a hallway, stick pom poms to it randomly. Have the kids crawl through, over and under, to collect the pom poms.

Trace favorite toys on butcher paper. Put them away. Search for the toy that matches the outline!

Play balloon badminton. Make 'racquets' from paper plates and cardboard tubes and swat a balloon back and forth.

Go on an 'I Love You' scavenger hunt. Hide hearts (or just hide one a day) with words of how you love your child all over.

Balance boards between chair rails, or on pails, to create an advanced balance beam to walk across.

Make a 'catch the ball' toy by cutting the bottom out of a bottle and tying a ball to it. Try to catch the ball in the bottle!

Run and spin with homemade streamers. Tie fabric straps or ribbons to a ring (those ring toys work great).

"Blow" tissue paper into a goal (under a chair works) by fanning paper plates.

Make a ring toss! Cut the centers out of paper plates to make rings. Write the letters of their name on the bottoms of cups to ring the letters of their name.

Draw a large rainbow on butcher paper. Go on a hunt to find toys in the matching colors to place on the corresponding color of the rainbow!

Snap photos of objects around the house (look for shapes) with your iPad or camera. Go on a hunt to find the shapes in the photos!

Cut various shapes (two or three of each) from paper. Hang just high enough out of reach in a doorway using yarn and tape. Jump and grab the matching shapes.

String one long yarn around a room. Clip the letters of their name onto the string in order from start to finish. Follow the string to find the letters to make your name!

Write letters on sticky notes and place them around the house (under and on top of the dining room table and chairs works great). Name a letter then stomp it! Repeat!



Make a necklace by threading o-shaped cereal on a string. Tape the string to a surface to secure it for threading. When complete, knot the ends together.

Finger paint!

Blend fresh fruits to make homemade edible finger paint. Paint paper with fingers or paintbrushes!

Cut a sponge into a desired shape (such as a heart). Dip into paint and make prints on a piece of paper.

Shake your way to beautiful art! Cut paper into desired shapes and lay flat in a box. Add paint blobs around the paper on the box. Add toys to the box, close it up and shake!

Glue two Popsicle sticks together in a cross and draw an airplane design on the top. A simple airplane for your child to fly.

Use Q-tips, instead of a paintbrush, to paint a masterpiece.

Make a paper bag mask by cutting two holes around the eyes. Decorate with paper and glue!

Use unusual objects to paint! Make textures with combs, roll on the paint with a rolling pin, and try tape resist!

Paint a piece of paper with the wheels of their favorite cars and trucks.

Paint with cookie cutters! Pour paint into a dish and dip cookie cutters to cover and stamp onto paper.

Make a collage on clear contact paper using scrap pieces of tissue paper, ribbon, etc. Cover with another piece of contact paper. Cut into shapes and hang in the window.

Make a telescope from a plastic bottle. Cut off the bottom of the bottle. Decorate the sides with markers or colorful tape.

Make beautiful flowers with coffee filters. Paint or dip them in colored water. Let dry. Twist centers to form a flower and wrap a pipe cleaner around the center for a stem.

Make flowers with dried painted paper, cut circles of different sizes and crumple them up. Layer them together to make flowers with a button glued on the center.

Combine art and sensory with contact (sticky) paper taped to the floor, sticky side up. Decorate with small decorative items such as buttons and sequins.

Build and create with craft sticks and glue.

Write a secret note in white crayon! Have kids paint over with colored water. It magically appears!

Rainbow painting! Paint a sponge in rainbow colors for the kids to paint a rainbow with one swipe!

Paint and decorate cereal boxes to make buildings. Can you make your town?

Trace child's body on butcher paper. Color it in to create a self portrait.

Make a nature suncatcher. Cut the centers out of paper plates. Cover with clear contact paper. Fill with found objects from nature.

Make homemade wind chimes! Paint tin cans and punch a hole in the bottoms. Thread nuts and washers on the inside using yarn to hang them.

Draw in an odd spot. Tape butcher paper to cover a table, or the back of a chair, or the floor...

Create paint swatches with two colors of paint (or one color plus black and white).

Splatter paint with a toothbrush! Hold it up vertically for drip painting too.

Mix glue with Epsom Salt and paint an icy scene.

Cut the end of a straw into 1/2 inch strips and flare them out. Dip the ends into paint and create fireworks on paper!

Paint the inside (or outside) of clear glass jars with glue (or Mod Podge) mixed with food coloring. Drip excess off. Bake at low temp to seal.

Mix food coloring with shaving cream. Press paper onto marbled mixture and remove. Scrape off excess shaving cream to leave a marble print!

Cut living and non-living things out of magazines. Glue onto two separate pieces of paper to classify them and make a collage.



Spread flour on a baking sheet (or tray) to explore with toys or kitchen utensils.

Paint with baby food on paper. Just use fingers to paint and enjoy a snack.

Shake together rice, a few drops of food coloring and scent (optional), a squirt of hand sanitizer and mix to make scented and colored rice!

Make a super simple edible indoor sandbox in a tub with dry oatmeal! Bring out the sandbox toys!

Get rid of all your old lotions. Squeeze them out in a bowl and mix them up with utensils or just your hands.

Play with newspapers. Rip them up. Wad them up. Dip them in water for a squishy sensory.

Fill plastic jars 2/3 with water and some dish soap. Add food coloring and glitter! Seal the lid on with glue and shake, shake, shake!

Make a 'rattle' with a bottle. Set out snack items (goldfish, raisins, etc) and a bottle to stick them in and close the lid. Shake!

Spray a gob (or two!) of shaving cream on a tray for sensory play! Make writing marks, or build 'towers'.

Banging on pots and pans is a favorite! Grab some spatulas and spoons and make music!

Play with play dough and drive trucks in it.

Mix 2 cups flour with 2/3 cup oil to make cloud dough! Play with it like wet sand, mold it any way they like!

Tape sticky contact paper to the floor, sticky side up. Let your toddler run, crawl, or lay on it!

Use a tub of soapy water to wash favorite toys.

Pour dry pasta into a tub to explore with measuring cups and spoons. Include an empty bottle or two to fill and pour between. Shake it to listen to the sounds.

Create a sensory bag with hair gel in a baggy. Add other small objects, such as googly eyes or sequins, if desired. Tape it to the window to explore in the sunlight.

Make sensory foam with dish soap and a little bit of water and food coloring in a food processor. Put on a tray to explore!

Attach contact (sticky) paper to a wall with tape, sticky side out. Set out a basket of goodies, including paper, ribbons and even photos, to stick to it!

Blend fruits for a surprise taste test. Look at it, smell it, taste it. What fruit is it?

Make an ocean in a bottle. Fill 2/3 with water. Add food coloring. Fill rest with clear oil and seal the lid on with glue. Create waves!

Spread corn meal onto a baking sheet or other tray to explore with measuring cups and spoons.

Combine art and sensory with contact (sticky) paper taped to the floor, sticky side up. Decorate with small decorative items such as buttons and sequins.

I spy baggy! Write letters, words, shapes or notes on a piece of paper and put in a large baggy. Add rice on top of the paper. Let the kids 'spy' the letters through the rice.

Write any number on a piece of paper. Trace the number with a paintbrush and glue. Play with sand on the paper and shake it off! It'll stick to the number to create a texture!

Make three sensory bags in the primary colors using finger paint in baggies (or clear hair gel with food coloring). Tape them to a window. Explore. Overlap them to mix colors to see what colors you can make.