

Activity ideas for at home

101 WAYS TO PLAY OUTDOORS

1. Play leapfrog
2. Jump rope
3. Climb a tree
4. Build a fort
5. Play hide and seek
6. Kick a ball
7. Make a rainbow with the hose
8. Pull weeds
9. Ride a bike or scooter or horse
10. Create a nature collage
11. Build a sand castle
12. Head out on a treasure hunt
13. Roll down a hill
14. Make a bug hotel
15. Balance along a wall
16. Throw a frisbee
17. Balance a bean bag on your head
18. Have an egg and spoon race
19. Hug a tree
20. Create patterns in damp sand
21. Make story stones
22. Paint a fence with water
23. Make texture rubbings with crayons
24. Swing your hips in a hula hoop
25. Make a rain gauge
26. Play tag
27. Draw something you can see
28. Jump in a puddle
29. Play hopscotch
30. Draw on the trampoline (or the footpath) with chalk
31. Read a book
32. Catch raindrops on your tongue
33. Make a set of stilts from tin cans
34. Have a game of marbles
35. Or elastics
36. Enjoy breakfast outside
37. Rake leaves
38. Set up a worm farm
39. Decorate mud pies
40. Run under the sprinkler
41. Paint the outside of a window
42. Make a daisy chain
43. Start a nature journal
44. Lie in a hammock
45. Toast marshmallows
46. Find 10 things to float in a tub of water
47. Write in the sand with a stick
48. Press flowers
49. Make a pinwheel
50. Make a stick sculpture
51. Make a pet rock
52. Try leaf printing
53. Draw around a shadow on the ground
54. Plant vegetables and herbs
55. Grow a bean or sunflower teepee
56. Take photos of what you see
57. Have a 3 legged race
58. Or a wheelbarrow race
59. Gaze at the stars
60. Set up a lemonade stand
61. Paint with feathers
62. Decorate a tree
63. Create a home for a fairy (or an elf)
64. Make a tin can telephone
65. Enjoy a teddy bears picnic
66. Make a drip castle with wet sand
67. Write a letter on a leaf
68. Fly a kite
69. Make up a new game
70. Put on a show
71. Grab a magnifying glass go bug hunting
72. Try a somersault or a handstand or a cartwheel
73. Watch a sunset
74. Spin and get dizzy
75. Start a collection
76. Float a paper boat
77. Make a cave for a dinosaur
78. Wash the dog
79. Wash the car
80. Create a small world for your favourite figurines
81. Make a sundial
82. Host a paper plane flying contest
83. Blow bubbles
84. Dance and sing
85. Make your name from sticks
86. Make a road for toy cars
87. Play torch tag
88. Build a compost bin
89. Throw water balloons
90. Make object impressions in air dry clay
91. Put on a cape and fly
92. Grow a grass head
93. Make a bird bath
94. And a bird feeder
95. Make petal perfume
96. Dig for treasure
97. Make a leaf crown
98. Hang laundry
99. Draw a map of your space
100. Set up a snail race
101. Lie back on the grass and look for shapes in the clouds

90 ideas for play indoors:

1. Bake and decorate cookies
2. Set up an indoor hop scotch grid using masking tape
3. Play a board game
4. Make giant new crayons out of broken old crayons
5. How well do your children know their food: play a game where children shut their eyes and you feed them mystery foods. Can they guess what they are eating??
6. Make a greeting card for love ones
7. Start a sing-a-long
8. Have a DIY beauty/spa day, do each others nails and hair. Learn how to make a face mask etc
9. Collect the toy cars and have a mini car wash in the sink
10. Play pick up sticks
11. Have an indoor picnic-everyone can pick out and make their own dish
12. Make a memory game for your picnic-in my basket four our picnic I packed.... And then recite the first persons items and add a new one as you go
13. Build a homemade telescope using a paper towel roll
14. Set up a miniature train and village
15. Build a skyscraper out of blocks of lego
16. Create a touch-and -feel box by cutting a hole out of an old shoebox and filling it with different items that your child will be able to identify by touch
17. Blow bubble that are safe for indoor use
18. Build a pillow fort
19. Collect family photos and make an album
20. Set up a balance beam using masking tape on the floor
21. Play musical cushions
22. Get cosy with pillows and blankets and have story time
23. Make marshmallow toys using mini-marshmallows and pretzel sticks
24. Create your own twister game using masking tape and coloured paper
25. Sing karaoke
26. Sit in a circle and tell each other stories
27. Cook a special family dinner
28. Play hid and seek
29. Make your own bingo cards and play bingo
30. Set up an indoor basketball game using a bucket and a rolled up sock
31. Have a dance party
32. Try a concentration game by setting up a group of stuffed animals and then taking one away. Then ask your child to guess what is missing
33. Try crab walking or wheelbarrow
34. Play charades
35. Try some easy children friendly yoga stretches
36. Make sports medals and trophies
37. Use string to play cats cradle
38. Wash the toys
39. Cut up magazines and newspapers and create a collage
40. Have a pillow fight
41. Use a broom to try out some limbo

42. Start a piggy bank or coin collection
43. Play go fish
44. Dress up in old costumes or create new ones
45. Make a cake
46. Set up indoor bowls using empty water bottles and a tennis ball
47. Create snow flakes out of pieces of paper
48. Create your own lava lamp
49. Paint indoor flower pots
50. Paly follow the leader
51. Play hangman
52. Play pat a cake
53. Find a hula hoop and see how long you can keep it going
54. Play 'who am I' game
55. Get a large piece of paper and trace one another's bodies on the floor
56. Build an Ocean in your bath tub and fill it with toy boats
57. Play pin the tail on the donkey
58. Do some silly dancing when you need to let some energy out
59. Host your own matinee movie
60. Play doctors and nurses
61. Find your favourite rhyming game
62. Place a balloon between your torsos and see how far you can walk without dropping it
63. With the balloon play 'keep it up'
64. Write a story together
65. Play musical statues
66. Do some jumping jacks
67. Play guess who
68. Create your own paper beads out of magazines for a necklace or bracelet
69. Pain pasta tubes to create your own necklace or bracelet
70. Play I spy
71. Set up a stage a hold your own show
72. Create origami
73. Build an indoor mini-gold course using plastic cups as the holes
74. Make a musical instrument out of empty bottles and add beans or rice.
75. Play Duck, Duck, Goose
76. Play Simon Says
77. Play Whats the time Mister wolf
78. Cook breakfast in bed
79. Make dream catchers out of paper plates and string
80. Set up an indoor obstacle course
81. Create an indoor treasure/scavenger hunt
82. Read to one another
83. Create your own puzzles
84. Drag out the costume box and have a fashion shoot/fashion show
85. Colour in
86. Look up a popular children dance and follow the choreography
87. Play hand clapping games and sing a long
88. Play with play doh or clay
89. Face paint

90. Make a hat