

35 indoor play ideas

How many can your family complete?



Act out a story from a book, like <i>Fun in the dungeon</i>	Making dens
Blindfold (hoodies on back to front) pillow fights	Making paper planes
Candle decorating	Making small worlds with dinosaurs, toy cars, toy animals
Cat's cradle	Musical chairs
Catch the fairy (use a torch and shine it in a dark room)	Obstacle course – using sofa cushions, blankets and chairs
Clapping games	Ping pong or volleyball with a balloon
Cork fights ... like food fights but less messy	Playing school, café, offices, shops, hairdressers
Drawing pictures and colouring in	Putting on a performance
Dressing up	Rock/paper/scissors
Egg and spoon race (no eggs needed – a ping pong style ball works)	Saucepan drums
Eye spy	Simon says
Fashion show	Skipping or French skipping (elastics)
Hide and seek	Sock puppets
Hopscotch – made with tape	Steppingstones with cushions
Hula hooping	Tea party/indoor picnic
Junk modelling with smaller household items	The floor is lava
Kitchen disco	Treasure hunt
Making cars, castles or spaceships with cardboard boxes	= Total

For more ideas for playing and around the house visit: www.playfulchildhoods.wales