

Non-screen activities you can do at home

Pobble

What can you do when there's no school and you're stuck at home? Here are 25 fun ideas to choose from.

25 ideas!

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| <p>1 How many different words can you make from the letters in this sentence, below? Grab a pencil and paper and write a list!</p> | <p>2 Thank a community hero. Think of someone that helps you in some way and write a short letter to thank them.</p> | <p>3 Get building! You could build a Lego model, a tower of playing cards or something else!</p> | <p>4 Can you create your own secret code? You could use letters, numbers, pictures or something else! Can you get someone else to try and crack it?</p> | <p>5 Start a nature diary. Look out of the window each day and keep note of what you see. Birds, flowers, changes in the weather, what else?</p> |
| <p>6 Hold a photo session. Use a camera or a mobile phone to take some snaps. What will you photograph? Your pets or toys perhaps?</p> | <p>7 Build a reading den. Find somewhere cosy, snuggle up and read your favourite book!</p> | <p>8 Use an old sock to create a puppet. Can you put on a puppet show for someone?</p> | <p>9 Make a list of all the electrical items in each room of your home. Can you come up with any ideas to use less electricity?</p> | <p>10 Design and make a homemade board game and play it with your family.</p> |
| <p>11 Do something kind for someone. Can you pay them a compliment, make them something or help them with a task?</p> | <p>12 Can you create a story bag? Find a bag and collect items to go in it that relate to a well known story. If you can't find an item, you could draw a picture to include.</p> | <p>13 List making! Write a list of things that make you happy, things you're grateful for or things you are good at.</p> | <p>14 Design and make an obstacle course at home or in the garden. How fast can you complete it?</p> | <p>15 Can you invent something new? Perhaps a gadget or something to help people? Draw a picture or write a description.</p> |
| <p>16 Keep moving! Make up a dance routine to your favourite song.</p> | <p>17 Write a play script. Can you act it out to other people?</p> | <p>18 Read out loud to someone. Remember to read with expression.</p> | <p>19 Write a song or rap about your favourite subject.</p> | <p>20 Get sketching! Find a photograph or picture of a person, place or object and sketch it.</p> |
| <p>21 Junk modelling! Collect and recycle materials such as yoghurt pots, toilet rolls and boxes and see what you can create with them.</p> | <p>22 Draw a map of your local area and highlight interesting landmarks.</p> | <p>23 Write a postcard to your teacher. Can you tell them what you like most about their class?</p> | <p>24 Draw a view. Look out of your window and draw what you see.</p> | <p>25 Get reading! What would you most like to learn about? Can you find out more about it in books? Can you find a new hobby?</p> |

100 Things to do indoors

www.spreadthehappiness.co.uk



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.robertrivest.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 pampers 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, 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



Reception bingo tasks (these tasks can be done more than once)

Create a junk model Rocket	Read a new text (a comic/magazine/books) and draw your favourite character	Complete a Mathematics task- see log in details	Practise reading and writing the Reception common exception words in different ways
Make some playdough	Make some space cookies for the astronauts	Play a phonics game on the letters and sounds website	Learn a new song, dance, poem to share with the class when we return
Write down what you had for dinner in your writing book	Keep a weather diary and observe the daily changes that happen	Play a board game	Keep a diary of your time at home-example- I went for a walk. Use your writing book for this.
Practice counting objects in your house	Write number 1-20 in your writing book	Attempt one of the Pobble non-screen activity activities	See how many stairs are in your house
Read a story to your grownups at home	Join in with a just dance kids video on YouTube	Create your own memory box	Do a 5 a day activity

Wow Active Challenges

JOGGING
High knees and drive arms
Soft feet by keeping heels off the floor
CHALLENGE
To jog for the count of 10
[] []
[] []

FRONT BRIDGE
Hands and feet only on the floor
Lift up and hold body keeping back and arms straight
CHALLENGE
To hold for the count of 10
[] []
[] []

JUMPING SIDE TO SIDE
Jump in a sideways direction keeping feet together
Land with soft feet & bent knees
CHALLENGE
To do 10 with the correct technique
[] []
[] []

SINGLE LEG BALANCE
Stand on 1 leg with arms out to the side
Hold balance by keeping still
CHALLENGE
Hold for the count of 10 on each leg
[] []
[] []

STAR JUMPS
Jump with your arms and legs out to make a star shape
Jump back in to start position
CHALLENGE
To do 10 with the correct technique
[] []
[] []

Wow!
You completed the challenge!
Can you complete this 6 times in total before your next assessment?
Tick a box each time you complete a challenge

Challenge! Can you be active today? What games could you play?



Login details - <https://player.5-a-day.tv/sign-in>

Username: gree7750

Password: buxtbx