

Indoor Screen Free Activities

PARENTING IN REAL LIFE PODCAST

- Make a new snack or bake
- Play with your pet
- Read
- Play a game
- Play with playdough, kinetic sand, or clay
- Build with Legos, K'nex, blocks
- Draw or paint a picture
- Illustrate a story
- Write a letter to a relative
- Build a fort
- Do a puzzle
- Make a friendship bracelet
- Put on a play
- Make a craft out of things around the house
- Build a structure with dry spaghetti and marshmallows
- Color in a coloring book
- Have a dance party
- Make ice cream in a bag
- Start a journal
- Make puppets and put on a puppet show
- Make something out of a cardboard box
- Play balloon volleyball or see how long you can keep a balloon in the air
- Make an obstacle course
- Play hide and seek
- Set up a line of dominos and knock them down
- Make paper airplanes and fly them down the stairs
- Make a collage with magazines
- Make a fruit loop necklace
- Build a cup tower
- Listen to a podcast or audiobook
- Play floor is lava
- Help make dinner
- Make a marble run