



## 20 THINGS TO DO INDOORS!

Thanks to the Lyng Hall School for detailing these brilliant activities for us!

**1.** Take part in a video by The Body Coach.

The Body Coach airs a live PE lesson every Monday to Friday from 9am. Great fun to take part in and fills you with energy for the day.

**2.** Watch a drawing tutorial

Something you've always wanted to be able to draw? Find a tutorial on how to draw it and practice, practice, practice.

**3.** Play a card game

There are lots of card games you can play with a family member or on your own.

**4.** Watch a wildlife documentary

Find a documentary on wildlife or nature. Share your new found knowledge with a friend.

**5.** Write a thank you note

Write a note to someone that you appreciate and tell them why. Leave it for them or post it. It's always nice to hear you are appreciated.

**6.** Tidy around the house

Sounds boring but if you will be spending time in your room/house make it look nice. It will make you feel better about being in there.

**7.** Make a word search

Create a wordsearch on any theme you wish (films, characters, animals, songs etc). Share it with a friend or family member to complete.

**8.** Colour a picture in

There are lots of free resources online that you can download and colour. Colouring can help calm your mind.

**9.** Write a day to day diary

This could be your own day or a fantasy day you have made up.

**10.** Watch out of the window

It's sometimes quite entertaining to look out of the window and watch. Watch the birds, the people, the cars. You might see things that you have never noticed before.

**11.** Send somebody some jokes

Send a friend or family member jokes. It's healthy to laugh!

**12.** Video call someone you haven't seen in a while

It's always nice to have a good chat with someone face to face (well.... This is as close to face to face we can get at the minute).

**13.** Watch a yoga video

There are lots of yoga tutorials online that are great to follow. Yoga really relaxes the mind and body. Try doing one in the garden on a sunny day.

**14.** Draw your view out of a window

Sit at the window with some paper and a pencil or pen and draw your view.

**15.** Read a book

Make time to sit quietly and read a book. Let your imagination run free.

**16.** Spend an hour in the garden

Vitamin D is good for you. It's great to get some fresh air and a change of scenery. Even if it's cold or raining, wrap up warm or take an umbrella and go outside.

**17.** Create a collage

You could use magazines, photographs or your own drawings to create a collage to put up in your room. Please check before you cut up photographs or magazines.

**18.** Make a jigsaw

Draw a busy scene (a crowd of people, animals etc) and colour it in. Glue your drawing onto some card if you have any, then cut it up. The smaller the pieces the harder the puzzle.

**19.** Make paper aeroplanes

Who doesn't love to make and throw paper airplanes? You can be creative with your folding and decorate them. See how far you can get them to fly.

**20.** Draw your family, or friends, as cartoon characters

It's always fun to try and be creative. What would your mum look like as a cat? Or your brother as a giraffe?