



101 fun things to do at home whilst self-isolating!

Having to stay at home because of the Coronavirus is important to stay safe and well ...

However, for a lot of people, being stuck indoors can be scary, confusing and possibly a little bit boring!

Here are some fun activities to try if you are feeling anxious or bored.

1. Keep a journal! You can do this on paper or download an app! Try 'Daylio' or 'Moodnotes'.



2. Make a family tree! Try to explore the different branches of your family and their generations.

3. Do some delicious baking.

4. Try some challenging yoga routines.

5. Write a letter to a friend or family member or find a penpal!

6. Try some photography.

7. Play a board game with your family.

8. Cook your family dinner.

9. Search your garden for some interesting rocks and pebbles and do some rock painting.

10. Make an obstacle course in the garden.



11. Have an indoor picnic.

12. Have a paper aeroplane competition.

13. Do some colouring. Here are some free colouring sheets to download

<http://www.supercoloring.com/sections/coloring-pages>

14. Wash the car.

15. Walk the dog (if you can).

16. Plant some seeds indoors.



17. Make homemade playdough.

<https://www.bbcgoodfood.com/howto/guide/playdough-recipe>

18. Watch your favourite film.

19. Do a virtual tour of a museum.

<https://www.youtube.com/watch?v=PNXh6yIH1o>

20. FaceTime your best friend

21. Make a time capsule!

22. Learn how to count to ten in a different language.

23. Record your own podcast!

24. Download a movie maker app and make your own movie! Try 'InShot' and 'iMovie'.



25. Get creative and draw/paint a self-portrait!

26. Make a fort in the living room with furniture, cushions and blankets!

27. Have an indoor 'snowball' fight with socks!

28. Look at photo albums.

29. Practice some meditation or mindfulness. Try the apps 'SmilingMinds' and 'Calm'.



30. Read a new book.

31. Get creative and write your own story!

32. Give your pet a cuddle!

33. Play charades with your family.

34. Do a jigsaw puzzle.

35. Watch your favourite band play live on YouTube.

36. Make an indoor cinema! Don't forget the popcorn!



37. Indulge in some self-care! Have a bubble bath, paint your nails, eat a delicious meal ...

38. Offer to help your family with chores around the house.

39. Learn Morse code!

40. Take an online quiz! Do you know what Hogwarts house you're in? What about finding out which personality type you are?

<https://www.16personalities.com/>

41. Write some poetry.

42. Write some good jokes!

43. Write some bad jokes! (Why do fish live in salt water? Because pepper makes them sneeze.)

44. Put on some music and DANCE!



45. Sort through old clothes or items you no longer use and donate them to charity in the future.

46. Surprise a family member with a cup of tea!

47. Write a list of all the things that you are grateful for.

48. Eat a sugared doughnut and try not to lick your lips.

49. Create your own secret language!

50. Vlog!

51. Start a scrapbook!

52. Make a playlist of all your favourite songs.

53. Make homemade pizza!



54. Learn the alphabet in sign language.

<https://www.british-sign.co.uk/fingerspelling-alphabet-charts/>

55. Pick flowers from your garden (with permission!) and make a flower arrangement for the living room or kitchen.

56. Tidy and reorganize your bedroom.

57. Water all the plants at home!

58. Give your dog a bath.



59. Make a recycled bird feeder.

<https://www.rspb.org.uk/fun-and-learning/for-kids/games-and-activities/activities/make-a-recycled-bird-feeder/>

60. Learn how to do origami.

<https://www.youtube.com/watch?v=lKOVYw9R7dI>

61. Start an online blog!

<https://www.tumblr.com/>

62. Create a bucket list!

63. Get up early and watch the sun rise!



64. Listen to an audio book.

65. Have a scavenger hunt indoors.

66. Have a scavenger hunt in the garden.

67. Wait for a clear night and star gaze!

68. Challenge a family member to a video game tournament.

69. Challenge yourself to a wordsearch, crossword or sudoku.

<https://lovattspuzzles.com/kids/childrens-online-puzzles/>

70. Challenge your friends and family to solving some riddles!

<https://www.rdcom/culture/best-riddles-for-kids/>

71. Go camping in the garden.



72. Try on some outfits from your wardrobe and have a fashion show.

73. Spend a whole day in your pyjamas!

74. Try a new hair style!

75. See how many mini marshmallows you can fit into your mouth at once!

76. Have a game of I-Spy.

77. Challenge yourself to a whole day with your phone or TV!

78. Learn a new dance routine.

79. Conduct a science experiment!



<https://www.businessinsider.com/8-awesomely-simple-science-experiments-you-can-do-at-home-2016-7?r=US&R=T>

80. Make friendship bracelets and post them to your friends!

81. Build a fairy garden!

<https://www.countryliving.com/gardening/garden-ideas/g3417/fairy-garden-ideas/>

82. Make homemade ice-lollies!

83. Make boats from tubs or fruit juice boxes and race them in the bath!

84. Try salt painting!

<https://www.thebestideasforkids.com/salt-painting/>

85. Have a Lego building contest. Who can build the tallest tower?

86. Create homemade skittles! All you need is old toilet roll tubes, paint, and a tennis ball!

87. Learn to knit! Knit a scarf or a blanket!



88. Write a wish list of all your dreams and goals for the future.

89. Upcycle! Paint and decorate something old and boring like a plant pot or a chair. Make it beautiful again!

90. Try to find out 5 things you didn't know about a friend or family member.

91. Sign up to Pinterest and create lots of different boards! Outfit ideas, holiday destinations ...

www.pinterest.com

92. Do you play an instrument? Perform some music for your family!



93. Have an indoor disco!

94. Make a flip book!

<https://www.youtube.com/watch?v=Un-BdBSOGKY>

95. Start a dream journal!

96. Bake a mug cake!

<https://www.bbcgoodfood.com/recipes/microwave-mug-cake>

97. Play 'The Floor is Lava!'

98. Make a fortune teller!

<https://www.youtube.com/watch?v=SAhillTxUYA>

99. Make a glitter jar.

https://www.youtube.com/watch?v=bJlYMI_XV00

100. Practice using 'the force' ...



101. Try to make a pyramid out of playing cards without it falling over!

