



mykidstime
ideas for family life



A FREE FAMILY ACTIVITY PACK

rainy day



50

Indoor Activities for Kids

Boredom-busting ideas for little (and big) kids — using the bits
and bobs you already have at home.



Real life, beautifully imperfect.
mykidstime.ie

hello lovely families,

Cabin fever setting in? When you're stuck indoors — bad weather, a sick day, or just a long afternoon — a few good ideas up your sleeve make all the difference. We've gathered **50 of our favourite indoor activities**, most of them free, easy and made from things you already have at home.

Print it, pop it on the fridge, and tick them off together. There's no right order — just dive into whatever catches an eye.

1 • Pick

Choose an idea that suits the mood and ages.

2 • Play

Gather your bits and dive in together.

3 • Tick







Cross it off — and see how many you complete!

Your Rainy-Day Kit

Handy things to keep in a box, ready to go:

- | | | |
|--|--|---|
| <input type="checkbox"/> Paper & pens | <input type="checkbox"/> Scissors & glue | <input type="checkbox"/> Paints & crayons |
| <input type="checkbox"/> Masking tape | <input type="checkbox"/> Old newspapers | <input type="checkbox"/> Paper plates |
| <input type="checkbox"/> Pipe cleaners | <input type="checkbox"/> Food colouring | <input type="checkbox"/> A pack of cards |
| <input type="checkbox"/> Blankets & pegs | <input type="checkbox"/> Empty boxes | <input type="checkbox"/> Picnic snacks |

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Get Crafty & Creative

12 IDEAS

- Paper aeroplanes** — fold, decorate, then race them
- Leaf crafts** — turn fallen leaves into art
- Colouring station** — then hold a mini art gallery
- Arts & crafts box** — free play, or give a theme
- Pipe cleaner creatures** — bend, twist and build
- Make a collage** — glue scraps into something new
- Paint, paint, paint** — cover the table and go for it
- Get knitting** — easy projects for beginners
- Make a scarecrow** — old clothes, sticks & stuffing
- Make a family magazine** — stories, photos & puzzles
- Alphabet letter book** — a picture for each letter
- Make a photo album** — print, stick and decorate



Kitchen Fun

4 IDEAS

- Bake cookies** — chewy choc-chip in 15 minutes
- Homemade pizza** — everyone tops their own
- Make play dough** — recipe on page 6
- Indoor picnic** — blanket down, snacks out



Parent tip: Lay newspaper down before anything painty or doughy — cleanup takes seconds, and the kids can go wild without the worry.



Games & Giggles

13 IDEAS

- Sock chase** — race to match hidden socks
- Paper plate ring toss** — aim for the tube
- Crack some jokes** — funniest one wins
- Play cards** — try Beggar My Neighbour
- The Yes/No game** — 30 seconds, no yes or no
- Alphabet chat** — talk without a chosen letter
- Twenty Questions** — animal, mineral or vegetable?
- Fortunately, Unfortunately** — build a silly story
- Stop the Bus** — categories against the clock
- Family board game** — dig out an old favourite
- Micro treasure hunt** — fill a matchbox with tiny finds
- Indoor treasure hunt** — use our free printable sheet
- Indoor scavenger hunt** — photograph everything on the list



Build & Imagine

6 IDEAS

- Camp in the great indoors** — a blanket-and-peg fort
- Build a den or fort** — cushions, chairs & boxes
- Masking-tape racing track** — roads across the floor
- Put on a play** — or a puppet show (film it!)
- Play grocery shop** — set up a mini supermarket
- Make a home cinema** — dim the lights, movie night



Curious Minds

8 IDEAS

- Invisible ink** — write secret messages
- Write in Ogham** — the ancient Irish alphabet
- Listen to a podcast** — stories and fun facts
- Make a time capsule** — a box to open years from now
- Baking-soda volcano** — recipe on page 6
- Try learning apps** — great picks for all ages
- Story time** — snuggle up with a book
- Jigsaw afternoon** — one puzzle per skill level



Cosy & Kind

7 IDEAS

- Sing songs together** — try rounds like Frère Jacques
- Homemade bird treats** — be kind to feathered friends
- Toy room clear-out** — sort a bag for charity
- Paddling in the kitchen** — tarp down, warm water in
- Write a letter** — post it to a grandparent
- Old photo albums** — look back and share stories
- Make a playlist** — five songs each, then a mini disco



Slow it down: Not every rainy day needs a big project. Sometimes a story, a cuddle and an old photo album is the best afternoon of all.

three to make together

A few of our favourites, with everything you need to get going.



Easy No-Cook-Fuss Play Dough

YOU'LL NEED

1 cup plain flour
½ cup salt
2 tbsp cream of tartar
1 cup water
2 tbsp oil
A few drops food colouring

METHOD

Mix the flour, salt and cream of tartar in a pan. Add the water, oil and colouring, and stir until smooth. Cook on a medium heat, stirring constantly, until it forms a ball. Cool, then knead — and play! Store in an airtight tub.



The Kitchen-Sink Volcano

YOU'LL NEED

Baking soda
White vinegar
A little washing-up liquid
Red food colouring
A small cup or bottle

METHOD

Stand the cup in the sink. Add a few spoons of baking soda, a squirt of washing-up liquid and a drop of red colouring. Pour in the vinegar and stand back — whoosh! Talk about the fizzing gas as it erupts, then do it all again.



The Ultimate Blanket Fort

YOU'LL NEED

Sheets & blankets
Clothes pegs
Sofa cushions
Chairs & a table
Torches & snacks

METHOD

Pick a room you don't mind rearranging. Drape sheets between chairs, the sofa and a table, and peg them in place for a roof. Line the floor with cushions, bring in torches and a few books, and settle in for stories or an indoor picnic.

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