

## Family Indoor Activities

- Adopt a grandma or grandpa
- Attend a children's play
- Attend a church, school or community ball game
- Attend community concerts or listen to a local band
- Bake cookies or bread
- Bring some snow inside
- Build a fort inside
- Clean out the garage, basement, or attic
- Clean the house together
- Conduct a science experiment
- Create a time capsule
- Create an obstacle course
- Discuss good nutrition & health practices
- Do a puppet show, charades, or act out a play
- Do a rain dance
- Draw pictures of members of your family
- Egg Toss
- Explore a different part of town
- Find a children's museum with a free admission day
- Find some old family albums & have fun reminiscing
- Get creative with loose parts
- Get out the family photo album
- Bird watching
- Bobbing for apples
- Go bowling
- Go dancing, or take a dance class together
- Miniature golfing
- Go on a family trip/historical excursion
- Go to a museum
- Go to the airport
- Celebrate a TV free week
- Bubble blowing contest (Bubbles or bubble gum.)
- Have a budgeting class. Save for a family trip
- Have a family dance
- Have a family slumber party
- Have a family treasure hunt
- Have a first-aid night, learn what to do
- Long Jump contest
- Pillow fight
- Scavenger hunt
- Have an etiquette night. Practice skills with a formal dinner.
- Have an indoor picnic: blankets, paper plates, cups, etc.
- Interview an older family member
- Invite a family over for a barbecue
- Join a family choir
- Laser Tag
- Learn home repairs for an activity
- Learn how to build a fire & cook hot dogs
- Learn how to fold the American Flag
- Learn how to juggle
- Learn magic tricks & have a magic trick competition
- Learn sign language
- Learn the metric system
- Learn to play the guitar together
- Learn what to do if you are lost
- Listen to classical music; take turns saying sounds heard
- Make a collage out of pictures from old magazines
- Make a family calendar
- Make a family cook book
- Make a family goal chart
- Make a grocery list, set a budget, divide items, & buy a reward with the money you save
- Make a meal
- Healthy snack creation contest
- Make bird feeders for your trees outside
- Make crafts together
- Make edible playdough
- Make finger paints, edible play dough, or invisible ink
- Make homemade flubber
- Make marshmallow & toothpick structures
- Make miniature boats & float them in some water
- Make Oobleck
- Make paper airplanes & see how far they can go
- Make soup for someone who's sick & take it to them
- Make up a play & take it to a nursing home
- Make your own family cards for holidays or birthdays
- Measure with Legos
- Paint a picture, a mural, or a room
- Paint with water colors
- Plant a tree or some flowers
- Play cards
- Play charades
- Play chess, bridge, or checkers
- Play freeze-tag
- Play hide and seek
- Play Pictionary
- Play with silly putty
- Read a book together as a family
- Research your family history
- Rock Climbing
- Roller skating
- Shoot hoops together
- Solve a puzzle together (crossword, word search, or jigsaw)
- Start a family business
- Start a family collection (Coins, rocks, stories, treasures.)
- Start a family exercise group
- Start a family journal
- Stop by the state capital
- Take photographs
- Take treats to neighbors or friends
- Tell scary stories
- Tour a local establishment (newspaper, radio station, city hall)
- Try different instruments
- Visit a local bookstore
- Visit a planetarium
- Visit a shut-in or the elderly at a retirement facility
- Visit an elderly person or someone shut in
- Visit the Genealogical library
- Visit the library
- Walk the mall
- Watch the sunrise or sunset
- Write a story together
- Write letters to someone who is in the military or far from home