

25 Rainy Day Indoor Activities

Checklist for Kids — No Screens Needed!

FamilyHobbyHub.com

1. Sensory & Hands-On Play

- ☐ DIY sensory bin (rice, pasta, or beans)
- ☐ Homemade playdough
- ☐ Ice excavation (rescue frozen toys)
- ☐ Shaving cream art
- ☐ Water bead or slime play

2. Arts & Crafts

- ☐ Cardboard box town
- ☐ Paper plate masks
- ☐ Window art with washable paint
- ☐ Toilet paper roll crafts
- ☐ Handprint or footprint keepsakes

3. Learning & Brain Games

- ☐ Scavenger hunt around the house
- ☐ Card games (Go Fish, War, Memory)
- ☐ Build a marble run
- ☐ Indoor "I Spy"
- ☐ DIY trivia or would-you-rather cards

4. Active & Gross Motor Play

- ☐ Indoor obstacle course
- ☐ Balloon volleyball
- ☐ Freeze dance
- ☐ Indoor bowling
- ☐ Yoga or animal walk cards

5. Quiet Time & Imaginative Play

- ☐ Blanket fort + flashlight story time
- ☐ Puppet show
- ☐ Pretend restaurant or grocery store
- ☐ Sticker or coloring book time
- ☐ Story dice or draw-a-story

Pro Tip

Pick 2-3 activities at a time — offering all 25 at once is overwhelming! Let your kid choose which one first.