



A fun list of 35 activities for carers or parents

INSIDE

1. Play eye spy
2. Play puzzles
3. Create a treasure hunt
4. Plant something – a bulb, flower or seeds
5. Play hide and seek
6. Cook together
7. Play a listening game
8. Paint some rocks or pots
9. Play board games
10. Make a keepsake
11. Create something from cardboard
12. Play Simon says

OUTSIDE

13. Do some drawing or painting
14. Go for a walk
15. Get crafty
16. Tell riddles
17. Collect different leaves
18. Have a tea party
19. Make a hideout
20. Feed the birds
21. Have a picnic at the park
22. Go on a nature watch
23. Count cars
24. Play a throwing or kicking game

ANYWHERE

25. Clapping hands
26. Tapping feet
27. Drumming to a beat
28. Pretend to play
29. Read a book and act it out
30. Outstare
31. Listen to music
32. Sing along together
33. Dance to songs
34. Pick a topic/word, the other person tries to guess that topic/word
35. Write a book/diary

Help other carers/parents by sharing your ideas



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