

Flourish's Ultimate Guide to Indoor Fun Activities



Flourish Community
Solutions

Fun Activities for Adults

1. Read a great book. Choose a fantastic book and read it from cover to cover
2. Create your own film festival. Create a list of related films to watch and start making your way through that list.
3. Take an online class. Dive deep into a subject by taking an online course.
Many online platforms offer free courses such as:
 - <https://www.coursera.org/>
 - <https://alison.com/>
4. Connect with family and friends. Catch up with those who matter most to you, either on the phone or through a video-app.
5. Practice meditation. Learn to calm your mind, relax your body, and focus entirely on the present.
6. Keep a gratitude journal. Increase your happiness by writing down things for which you re grateful.
7. Get some exercise. Get your body moving and blood pumping with an indoor workout. Lots of free exercise routines available on YouTube for all fitness levels.
8. Watch a TED talk. Listen to experts deliver inspiring talks on a variety of subjects.
9. Declutter your closets. Get rid of all the things you don t need that are cluttering your space.
10. Take a nap. Rest and recharge with a lengthy nap or a much shorter power nap.
11. Explore Reddit. Make your way through thousands of online forums on every subject imaginable.
12. Learn to play an instrument. Finally learn how to play that instrument you ve always wanted to play.
13. Take up a new hobby. Follow your interests and start a new hobby.



Fun Activities for Families

1. Play a game. Enjoy a classic like Monopoly or find a new game your family will love.
2. Read a book together. Introduce your kids to great books and foster in them a love of reading.
3. Clean and declutter. Work with your family to tidy up all those spaces that are out of order.
4. Build a fort. Use cushions, chairs, and blankets to build a fort for you and your kids.
5. Make a movie. Use your smartphone to film and edit a movie starring your family.
6. Have a dance party. Create a playlist of your favorite dance tunes and get everybody on the dance floor.
7. Play indoor sports. Create competition and burn off energy with indoor sports.
8. Make a sensory table. Let your kids feel and try to identify a variety of textured objects.
9. Write letters to loved ones. Have every family member write a letter by hand to someone they love.
10. Play word games. Increase everyone's vocabulary and have fun with classic word games like Mad Libs, crossword puzzles, and word searches.
11. Have a pizza party. Give everyone their own dough and let them make creative pizzas.
12. Do an indoor campout. Create an indoor "campsite" and sleep there instead of in bedrooms.
13. Put on a puppet show. Help your kids make puppets and then put on entertaining shows.
14. Learn about new locations. Choose a location, print out pictures of it, and learn interesting facts with your family.
15. Go on a treasure hunt. Create a series of clues that will eventually lead your kids to a prize.
16. Do a challenge. Turn a normal activity into a "challenge" which everyone can perform



Fun Free Games for Everyone

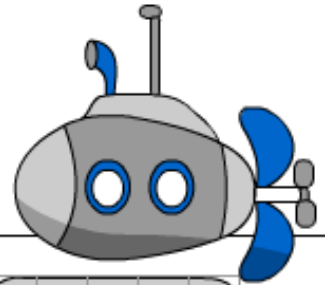
Battleship

How to Play

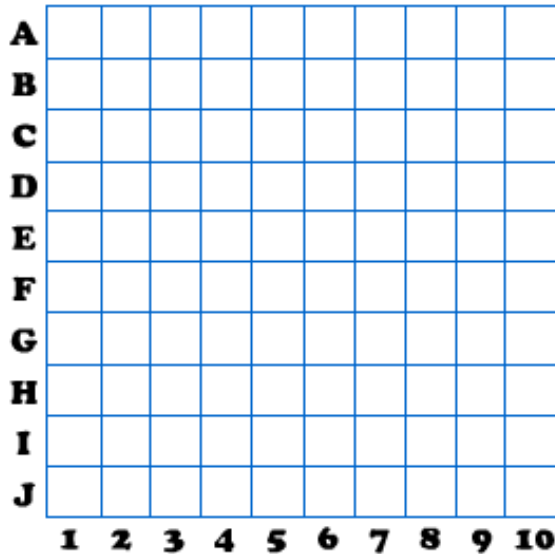
This game can be played with just two people. Print two sheets of this game (next page) and give one to each person along with a pen or pencil. The players should place all of the ships on their grid by drawing an outline of each onto the grid according to its size (ex: size 3 = 3 blocks). Ships may not overlap. The players shouldn't see the ships of another player. Players should take turns firing upon their enemy by calling out the location on the grid, like B-4, J-3 etc. and mark hit with a cross "X" and miss with a dot "." on the enemy's ship grid. When the enemy fires upon another player that player should say "hit" or "miss", the player should also then mark his or her ships with an X when they are hit. When a player's ship is sunk, that player must say, "You sank my ____!" (with the name of his or her ship type). The first person to sink all of their enemy's ships wins!



Battleships



My Ships



Aircraft Carrier



Battleship



Cruiser



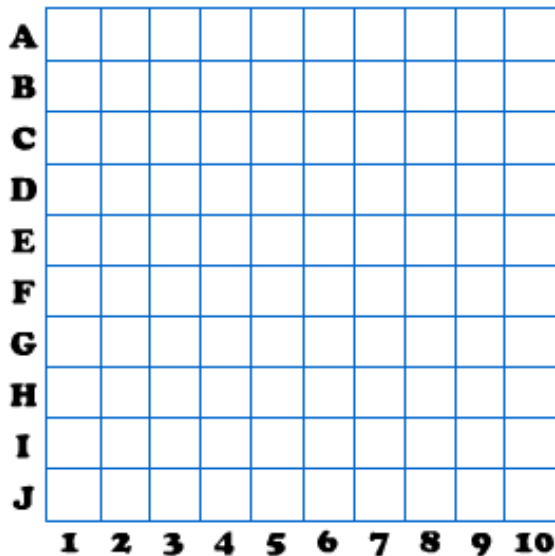
Submarines



Destroyers



Enemy's Ships



Aircraft Carrier



Battleship



Cruiser



Submarines



Destroyers



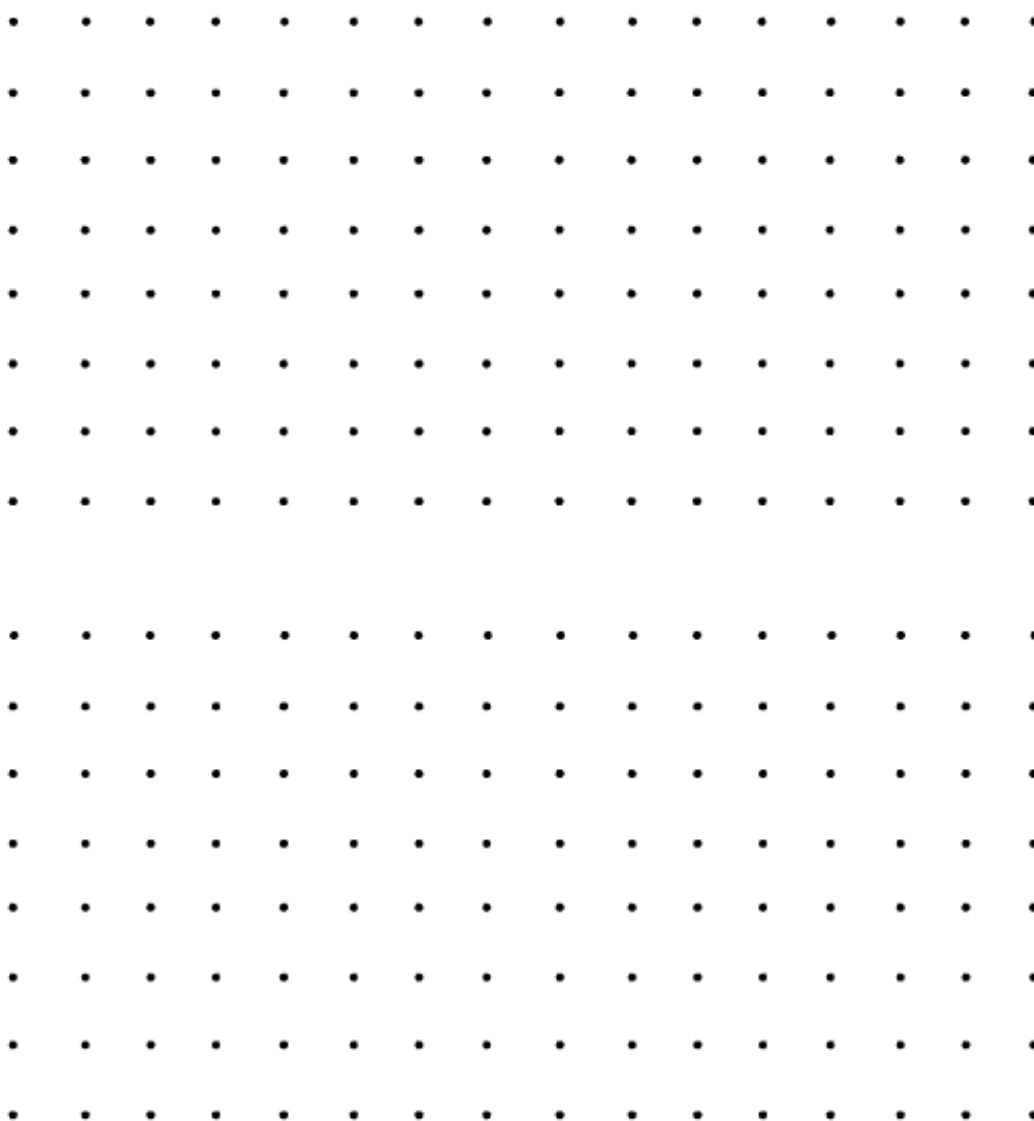
Dots & Boxes

How to Play

Print and give one dots and boxes sheet to the players along with a pen. Ask the players to take turns drawing horizontal or vertical lines between adjacent dots connecting them together. If a player completes a full square, he or she should write his or her initial in the box and take another turn. If the player's line creates two boxes, then he or she gets to put their initial in both of them. They should continue playing until all the dots are connected. The player with the initials in most boxes wins!



Dots and Boxes



Name 3 Things Board Game





How to Play

You will need a dice and small objects or a coloured pen or marker to act as your player in marking your spot on the board. Roll the dice and the player with the highest number goes first. If two or more players roll the same number, the youngest goes first. When you land on a tile, you must list or name three things associated with what is stated on the tile. For example, if you land on a tile that says "... you like to eat outside" – you must then list 3 things you like to eat outside.

You can make this more fun and challenging by setting a timer and giving each player only ten seconds to answer or they need to wait until their next turn to answer, missing a chance to roll the dice and move forward. The player who reaches the end first – WINS!




Name 3 things

START	1 ... that make you happy.	2 ... that make you sad.	3 ... you would like to have, but can't afford.	4 ... you would never buy, even if you had the money.	5 
	6 ... you can't buy with money.	7 MISS A TURN	8 ... you buy with your pocket money.	9 ... you would like to get for your birthday.	10 ... you can do in a park.
	11 ... you can do in winter.	12 ... you can do in summer.	13 ... you would never do.	14 ... radical sports you would like to try.	
	15 ... you would like to do, but your mother doesn't let you.	16 	17 ... excuses why you didn't do homework.	18 ... you hope will happen in the future.	19 ... you are afraid of.
	20 ... countries you would like to visit.	21 GO FORWARD 2 SQUARES	22 ... that make a great holiday.	23 ... you like about others.	24 ... you like about you.
	25 ... you hate about others.	26 	27 ... you don't like about you.	28 ...unusual pets.	29 GO BACK 3 SQUARES
	30 ... your parents would never give you.	31 ... unusual jobs.	32 MISS A TURN	33 ... you don't have the courage to do.	34 ... you shouldn't do at school.
	35 ... you like to do on weekends.	36 ... presents that you liked most.	37 ... presents that you didn't like at all.	38 ... you like about English.	39 
	40 ... you don't like about English.	41 GO BACK 3 SQUARES	42 ...why you would like to be a celebrity.	43 ...why you wouldn't like to be a celebrity.	44 ... to annoy a teacher.
	45 ... for not wanting to be a teacher.	FINISH			

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Food Word-search



World Food

Write the correct number for these dishes. Then find the words in the word search.

1. barbacue	5. pizza	9. ham	13. paella	17. pancake	21. turkey
2. spaghetti	6. salad	10. seafood	14. taco	18. hamburger	22. fries
3. hotdog	7. steak	11. sausages	15. soup	19. dumplings	23. sandwich
4. kebab	8. rolls	12. wraps	16. sushi	20. lasagna	24. toast



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Stuck at home because of Covid 19

Hello, I'm Rosie. I'm 12 years old and I live in a flat in London. Staying at home is a bit boring, but it's better than going to school. I get up late and I play video games. My mum is a key worker - she is a nurse, so she has to go to work. I keep the flat clean and tidy. In the afternoon, I do school work. The teachers check up on me, so I have to do it. I stretch my legs by walking round the block of flats for about an hour. I keep away from everybody else, obviously.

Answer: Yes, she is/No, she isn't. Yes, she does/No, she doesn't

1. Does Rosie live in Manchester?
2. Is she 12 years of age?
3. Does she think isolation is fun?
4. Does she watch TV in the morning?
5. Is her mum a key worker?
6. Does she do her schoolwork in the afternoon?
7. Does she do the housework?
8. Does she take some exercise for one hour a day?



Hi, my name is Jack and I am ____.

I really ____ my friends, that's the worst thing about having to stay at ____! I kind of miss school as well. I like school and I am trying to keep ____ with my school work. The teachers ____ us lots of stuff and it's really good. I enjoy carrying out research _____. I have two brothers. They are both younger ____ me. We don't usually play together, but we do ____! We have a kickabout every afternoon in the _____. Normally, my dad doesn't let us play football in the garden, but, well, times are very ____ now, aren't they? In the evening, we play video games or ____ a bit of TV. It's not too bad at the ____, but I hope we get back to normal soon!

Replace the words: tasks, garden, watch, now, than, miss, home, up, send, different, moment, thirteen

Hiya, I'm Anna and I'm not happy! I'm 16, in year 11 and my exams are cancelled! I'm not saying I like exams, I don't. But this means my teachers will estimate my marks and ...well, I don't always work hard. So now, I don't have the chance to revise at the last minute and do well in my exams. It's tough! I will go back to school to study 'A' levels in September. In the meantime, I am chilling; on my social media lot and hiding in my bedroom. My mum keeps asking me to help with the housework and I hate housework! The worst thing is I really miss my friends! Life is so unfair! This coronavirus thing sucks;-)

1. Why is Anna not happy?
2. How will her GCSE marks be awarded?
3. What is she doing at home?
4. Why is she hiding in her bedroom a lot?
5. What does she miss the most?



How do, my name is William. I'm fourteen. These days, I get up at 10 or 10:30, play video games for about an hour and then I log on to do my school work. I spend a couple of hours on that. Most of it is boring, but there's not much else to do. Both my parents are working from home, online, and that sometimes means that the connection is really slow. I have two sisters and sometimes, we are all online together, then the connection times out. Luckily, there is a big field at the back of our house and I can go out for a kickabout. There's one or two other kids out as well, but we keep away from each other. One good thing is we all sit down together for our evening meal and have a good chat.

Answer True or false: Correct the false sentences:

1. William gets up early.
2. He plays video games till 2pm
3. They have problems with the internet
4. There are other kids around, but he keeps away from them.
5. The family dine separately in the evening.



Hi, I'm Mark! I'm _____.
I've got ____ hair and blue eyes. I'm ____ my red T-shirt, jeans and _____.
I've got my computer, my ____ and my mobile phones, so I'm OK about this _____. I'm ____ in touch with all my friends and I'm always ____ on my social media sites. I do all my schoolwork every afternoon; I ____ about two ____ on it and this is enough. I live in a flat with my mum and our _____. This will be ____ soon; it's not too bad.

Replace the missing words



blond, seventeen,
trainers, tablet,
lockdown, posting,
spend, cat, over,
wearing, hours, keeping

Answer the questions.

- a) What time do you get up, these days?
- b) How long do you spend playing video games?
- c) How long do you spend doing school work?
- d) What is the quality of the work your teachers are sending? Could they do better or are they making a good job of it?
- e) Are you able to do some exercise every day? Describe the exercise you take.
- f) Are you learning anything new?
- g) Are you reading any good books?
- h) What do you miss most about school?
- i) Are you getting on well with other family members, or are there tensions?
- j) Is there anything you could do to be more helpful at home?
- k) Is there anything you can do to make sure this lockdown time works out OK for you?





Thank-you for
Downloading!

Stay Safe,

From Flourish 

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