



inner child fun  
A better life through play!



# 100 Rainy Day Activities for Kids

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1. [Building forts.](#)
2. [Painting!](#)
3. Reading books... in forts.
4. Snuggling.
5. Grilled cheese sandwiches with tomato soup.
6. Baking sweet treats.
7. Calling faraway friends to chat.
8. [Tea.](#)
9. Soul-searching.
10. Doodling.
11. [Puddle jumping!](#)
12. Finding money in the pocket of your raincoat from last Spring.  
None there? Hide a few dollars to "find" next year.
13. Making bread. From scratch.
14. [Drawing on the windows with dry erase markers.](#)
15. Playing with stickers!
16. [Whipping up a batch of homemade play dough.](#)
17. Trying new things!
18. Designing your own board game.
19. Drawing comics.
20. [Starting a blog.](#)
21. Taking a nap.

22. [Impromptu puppet shows.](#)
23. Puzzles.
24. [Living room dance parties.](#)
25. [Building with blocks.](#)
26. Filming silly videos.
27. [Making your own instruments.](#)
28. Taking a long bath.
29. Daydreaming.
30. Beading necklaces.
31. [Homemade "lava lamps".](#)
32. Play dress-up!
33. Hide and seek.
34. [Recording your own audio books.](#)
35. Indoor picnics.
36. Building an obstacle course.
37. [Back your bags and go on a pretend airplane trip.](#)
38. [Carpet golf.](#)
39. Scrapbooking.
40. Writing your own cookbook.
41. Indoor carnivals.
42. Air-popped popcorn.
43. Making a target range for marshmallow shooters.
44. [Building a cardboard city.](#)
45. [Designing murals made with sticky notes.](#)
46. [Playing hopscotch indoors.](#)
47. Charades.

48. [Sensory bins!](#)
49. [Recycle old crayons into new ones.](#)
50. [Suminagashi Painting](#)
51. Find a laundry basket — Turn it into your favorite mode of transportation. We love [boats](#) and [hot air balloons](#).
52. [Make Your Own Sunshine](#) — When Mother Nature doesn't cooperate, sometimes you have to take matters into your own hands.
53. [Create Some Modern Art](#) – A fun and easy way to brighten up an otherwise rainy day.
54. [Homemade Rhythm Set](#) — Fun for kids of all ages!!
55. [Play Dough Bakery](#) — Make some treats that are (almost) good enough to eat.
56. [Build a Flower Shop](#) — A large cardboard box and some fake flowers from the dollar store can be made into a great flower shop for lots of pretend play fun!
57. [Fun with Googly Eyes](#) – Have some googly eyes and old magazines on-hand? Make some silly photo "enhancements".
58. Rainbow Village — Use our [free printable template](#) to make your own rainbow village. Use bits of velcro to hold the houses together and you can build and re-build your village again and again!
59. [No-Mess Marbled Painting](#) — A fun, quick, and easy project with hardly any clean-up!
60. Make [Giant Sunflowers](#) from empty oatmeal canisters!! — So bright and cheerful!

61. Create an [Easy Spring Mural](#) with Sticky Notes! — A quick way to add some cheer to your home!
62. [Make Our Own Scratch n Sniff Paint](#) — Display a gallery of sweet smelling fruit paintings in your home. This is our favorite use for powdered drink mix!
63. [Build a Marble Run from Recyclables](#) — Lots of fun!!
64. [Animal Hospital](#) — Write prescriptions, apply bandages, and give out plenty of pillows for all those stuffed animals who are not feeling well.
65. Wipe-off markers on a cheap shower curtain liner makes a great [re-useable art mat](#). Afterwards, put in the washing machine (cold, gentle cycle), hang to dry, and reuse over and over again!
66. Once the rain is done, we LOVE to [splash in puddles!!!](#)
67. [Make bird feeders from recyclables](#)
68. Race paper airplanes
69. Indoor “snowball” fight with balled up socks.
70. [Have a beach day. In the living room.](#)
71. [Hot Cocoa Bar](#)
72. Read lots of stories
73. [Make a pot of homemade soup](#) and [read storybooks about soup](#) while you wait for it to simmer.
74. [Build a mini movie theater for stuffed animals](#)
75. [Make a beautiful window display](#)
76. [Make your own paint](#)
77. [Fill up some busy bags](#)

78. [Make a shadow puppet theater](#)
79. [Paint up some story stones and take turns telling stories](#)
80. [Open a pretend pizzeria](#)
81. Make smoothies and drink them up with [silly mustache straws](#)
82. [Make your own cherry blossoms](#)
83. [Have a birthday party for your favorite teddy bear](#)
84. [Open a pretend ice cream shop](#) – bring in a container of snow for “ice cream”
85. [Newspaper play structures](#)
86. Marshmallow and toothpick sculptures
87. Write a letter or put together a package for a faraway friend
88. Do puzzles together
89. [Paint with water on a chalkboard](#)
90. [Take a mini-vacation without leaving your house](#)
91. Living room dance party
92. [Make friendship necklace kits to give to friends](#)
93. Create an [awesome remote](#)
94. [Make an easy fishing game](#)
95. Bake cookies together
96. [Make Homemade Galaxy Dough](#)
97. [Tissue Paper Flowers](#) — My kids love to make these colorful tissue paper flowers, but they love giving them to friends even more!
98. [Handmade Cards](#) — Why not surprise your friends with a lovely handmade card? These were made as a very low-mess craft!

99. [Kiss Flip Book](#) — Another great project you can do with the kids is a pocket flip book of kisses! It's small enough to fit in your friend's pocket as the perfect little reminder of how much your friend is loved.
100. [Chocolate Covered Pretzels](#) — A sweet treat that even the littlest "bakers" can help to make!