



Rainy-Day Fun

SCREEN-FREE THINGS TO DO WHEN YOU'RE STUCK INSIDE

FREE PRINTABLE
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Name _____

Date _____

No screens, no problem! Pick something from the list and check it off when you've done it — then add your own best rainy-day ideas in the last box.



Pick one, check it off, and never say "I'm bored"!

Cross off your favorites and circle the ones you want to do again.

MAKE & CREATE

- ☐ Build a blanket fort
- ☐ Draw a comic strip
- ☐ Fold paper airplanes
- ☐ Make a card for someone
- ☐ Craft from the recycling bin

MOVE & WIGGLE

- ☐ Indoor obstacle course
- ☐ Freeze-dance party
- ☐ Keep a balloon off the floor
- ☐ Do yoga or stretches
- ☐ Play Simon Says

READ & DISCOVER

- ☐ Read in a cozy fort
- ☐ Try a science experiment
- ☐ Start a jigsaw puzzle
- ☐ Write your own story
- ☐ Learn a magic trick

COOK & BAKE

- ☐ Bake cookies or muffins
- ☐ Make a fruit-and-cracker snack
- ☐ Help cook dinner
- ☐ Decorate a treat
- ☐ Invent a new sandwich

PRETEND & PLAY

- ☐ Put on a puppet show
- ☐ Play dress-up
- ☐ Invent a board game
- ☐ Have a stuffed-animal tea party
- ☐ Build a pillow city

YOUR OWN RAINY-DAY IDEAS

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____