



# FUN INDOOR ACTIVITIES DURING SELF-QUARANTINE





# THE ULTIMATE STAY-AT-HOME Bucket List

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- Play a board game
- Movie night (with popcorn)
- Make a pillow fort
- Make some slime!
- DIY ice cream sundaes
- Make your own movie
- Have a photo shoot
- Star gaze
- Write a letter to someone
- Write and perform a short play
- Learn a new card game
- Perform a silly fashion show
- Make your own play dough
- Write a song
- Dance party!
- Bake some cookies
- Make your own smoothies
- Make peanut butter sandwiches and cut into shapes
- Hula hoop contest
- Paint rocks to hide around your garden
- Draw your own comic book
- Make a bird feeder from a recycled plastic bottle
- Make a time capsule and bury it
- Play family charades
- Make puppets and have a puppet show
- Paint your own masterpiece
- Go on a scavenger hunt
- Put a puzzle together
- Fill a box with old toys to donate



# BEST EVER NO-COOK PLAY DOUGH RECIPE

## You will need:

- 2 cups plain flour (all purpose)
- 2 tablespoons vegetable oil (coconut oil work too)
- 1/2 cup salt
- 2 tablespoons cream of tartar
- 1 to 1.5 cups boiling water (adding in increments until it feels just right)
- gel food colouring (optional)
- few drops glycerine (secret ingredient for stretch and shine!)

## How to:

- Mix the flour, salt, cream of tartar and oil in a large mixing bowl
- Add food colouring to the boiling water then into the dry ingredients
- Stir continuously until it becomes a sticky dough
- Add the glycerine (optional)
- Allow it to cool down then take it out of the bowl and knead it vigorously for a couple of minutes until all of the stickiness has gone. \* This is the most important part of the process, so keep at it until it's the perfect consistency!\*
- If it remains a little sticky, add a touch more flour until just right
- Have fun sculpting your own masterpiece!



# Jelly Slime!

(Recipe yields 1 Cup of Jelly Slime)



## You will need:

- Measuring cups
  - A mixing bowl
  - Wooden craft sticks or a spoon to stir your Jelly Slime ingredients
  - 3 oz. Box of sugar-free Jell-O
- (NOTE: Flavored red Jell-O will leave some dye behind on your hands. It comes off after a few hand washes)
- 1 cup cornstarch
  - 1/2 cup warm water
  - A cookie sheet or activity tray to protect surfaces while you play with your prepared slime

## Instructions:

1. In a mixing bowl, combine cornstarch and contents of Jell-O packet.
2. Mix the cornstarch and Jelly mixture together well (combining both of the dry ingredients evenly), using a spoon or a wooden craft stick.
3. Slowly mix water into the mixture (stirring the entire time).
4. The mixture may become tough to stir as you're adding water. Resist adding extra water though, as the consistency will become more dough-like and less like slime. Continue to stir until the entire 1/2 cup of water has been incorporated evenly. If you need more water, add a small drop or two at a time, because the consistency will change quickly.
5. Play with your prepared Jelly Slime on a protected surface or tray, have fun and ENJOY!
6. Store Jelly slime in an airtight container in the refrigerator for up to a week. You may need to add a drop or two of water to the mixture after it's been refrigerated to bring it back to the desired consistency.



A photograph of two young children, likely of African descent, smiling warmly at the camera. The child on the left is wearing a purple tank top and has their arm around the child on the right. The child on the right is wearing a light blue collared shirt and is holding a piece of food, possibly a piece of bread or a snack, in their hand. The background is slightly blurred, suggesting an indoor setting. The entire image is overlaid with a semi-transparent teal filter.

**For more tips and ideas of having fun and staying safe at home, please visit**

<https://inmed.org/usa/community-resources-during-covid-19/>