100 Things OPS

www.spreadthehappiness.co.uk



- 21. Make cards for everyone at home
- 22. Get some sheets to flap and pretend they are the waves and jump in
- 23. Make cakes
- 24.Get material or cardboard and make mermaid or merman's tails
- 25. Get all the chairs together and make a bus, play conductors and drivers
- 26. Make a camp in your bed
- 27. Make a dark den and use a torch
- 28. Write a letter to a neighbour or friend
- 29. Colour in a colouring book or draw a picture
- 30. Make wool or string hair over a chair
- 31. Have a pamper day
- 32. Have a scrunched up paper fight (from recycling)
- 33. Make ice lollies with cordial and water
- 34. Make sandwiches in strange shapes
- 35. Make a pretend car from boxes/furniture
- 36.Learn a rhyme or poem
- 37. Make paper aeroplanes
- 38. Have a pirate adventure, make boats from boxes or furniture
- 39. Blow bubbles and catch them
- 40.Make a number frieze for the wall, decorate
- 61. Play I spy
- 62. Open your windows and sing out a song
- 63.Learn Days of the Week Song
- 64.Play musical statues
- 65.Learn a Beatles song
- 66.Learn a Queen song
- 67. Make an indoor restaurant and serve your
- 68. Have a toy's tea party
- 69. Roll balls down the stairs
- 70.Be superheroes with capes
- 71. Eat cereal with a gigantic spoon
- 72. Have an ice cream party
- 73. Enter an online competition to win a prize
- 74. Vacuum your home
- 75. Polish your home
- 76. Fold up sheets
- 77. Use a sheet as a parachute to fluff up and hide under and play parachute games
- 78. Make binoculars with toilet rolls and look out the window at the birds
- 79. Make yoghurt pot telephones
- 80. Make a junk model rocket as large as you can

- Make non-cook playdough, then have a Dough Disco once
- Paint our families' portrait
- Write and make a book
- 4. Draw flowers or the fruit bowl
- Learn some laughter yoga www.robertrivest.com
- **Finger paint**
- Make a band from kitchen pots and pans
- **Footprint** paint
- Have a dance alarm every 30 minutes
- 10. Have a karaoke
- II. Send a video message to family and friends to get them busy

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time.

- 12. Have a birthday party for a pet or cuddly toy
- Have an indoor picnic
 Discover your favourite story and share it together
- 15. Order books alphabetically
- 16. Have an indoor treasure hunt
- 17. Dress up in adult shoes
- 18. Find a fairy door in your house or garden
- 19. Do the Hokey Cokey
- 20.Take a selfie through a toilet roll tube and pretend you are on the moon
- 41. Read Pirate George series available on Kindle
- 42. Make a papier mache sculpture over a balloon
- 43.Keep a balloon up in the air game
- 44.Play a board game
- 45.Play hide and seek
- 46.Play dominoes
- 47. Learn a card game
- 48. Make smoothies
- 49.Perform a puppet show
- 50. Make shadow puppets
- 51. Make finger/sock puppets
- 52. Choreograph a dance or learn a dance routine
- 53. Have an upside down meals day, lunch for breakfast etc.
- 54.Learn a sing-along for Spread the Happiness TV
- 55. Learn to cook something new
- 56. Learn Brilliant Beast Song on Spread the Happiness TV YouTube Channel
- 57. Leave happy notes all around the house
- 58. Make a fitness routine and put your family through their paces
- 59. Using vegetables, make characters
- 60. Dance and sing to Knees up Mother Brown
- 81. Create a comedy show

- 82. Pretend to conduct an orchestra to music
- 83. Hike up your stairs like it is a mountain, so so high
- 84.Roll around a large space in your home
- 85. Hop around like a bunny
- 86.Learn to play sleeping bunnies
- 87. Learn and act out 5 Little Monkeys
- 88. Find as many collections of 10 things in your home as you can
- 89. Dance in the shower
- 90. Sing in the shower
- 91. Squirt shaving foam in your hands
- 92. Make a scrap book of your favourite things,
- 93.Play Jack in the Box in a large cardboard box
- 94.Have a themed party
- 95. Stay up late to look at the stars with a night time picnic
- 96.Play apple bobbing
- 97. Jump on the bed
- 98.Bash a pinata
- 99.Do coin rubbing with paper and crayons
- 100.Play pass the parcel



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