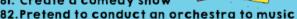
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- 21. Make cards for everyone at home
- 22. Get some sheets to flap and pretend they are the waves and jump in
- 23. Make cakes
- 24.Get material or cardboard and make mermaid or merman's tails
- 25. Get all the chairs together and make a bus, play 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
- 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 Iollies 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 family
- 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

- 4. Have a dance diarm every 30 minutes
- 10. Have a karaoke II. Send a video message to family and friends to get them busy
- 12. Have a birthday party for a pet or cuddly toy
- 13. Have an indoor picnic
- 14. 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





- 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,
- people 02 Play lack in the Pey in a large cardboard