Indoor activities for kids

Peabody · checked 2026-11-06

Good indoor activities for kids mix the loud and the quiet: ten minutes of exercise or charades to burn off energy, then a craft, a no-bake recipe or a magic trick, then a puzzle or a story. Each one below uses things most homes have, and everything is free with no sign-up.

Indoor activities to burn off energy

- Activity: Exercises at home · What kind: Move · What a child does: Real exercise sorted by how much room it needs, from a chair's width to a hallway. · Ages: 4 and up
- Activity: Brain breaks · What kind: Move · What a child does: One-minute moves to shake out the wiggles between quiet things. · Ages: 5 and up
- Activity: The Rainy Day Box · What kind: Make · What a child does: Cards of forts, crafts, games and experiments with things most homes have, each saying how long, how messy and what a grown-up does. · Ages: 3 and up
- Activity: Charades · What kind: Play · What a child does: Charades words by age, for a living room game with no board. · Ages: 5 and up
- Activity: Music · What kind: Music · What a child does: Song sheets in any key, the Chord Finder, Beat Buddies and the sing-along. · Ages: 5 and up

Indoor activities to make something

- Activity: Coloring pages · What kind: Make · What a child does: Pictures to color on screen or print for the table. · Ages: 3 to 10
- Activity: How to draw · What kind: Make · What a child does: Step-by-step drawings to copy onto paper. · Ages: 5 and up
- Activity: STEM projects · What kind: Explore · What a child does: Builds and experiments with things from the recycling and the kitchen. · Ages: 6 and up
- Activity: No-bake recipes · What kind: Cook · What a child does: Food small hands can make with no oven: mix, spread, stack and eat. · Ages: 3 to 8
- Activity: The Kitchen · What kind: Cook · What a child does: Real recipes step by step with Crumb, saying which jobs are a grown-up's. · Ages: 4 and up
- Activity: Magic with household items · What kind: Play · What a child does: Real tricks with cups, coins, string and paper already in the house. · Ages: 6 and up

Quiet indoor activities

- Activity: The Activity Book · What kind: Puzzle · What a child does: Mazes, word finds, riddles, dot-to-dots and logic puzzles in four sizes, most of them new every day, to print or do on screen. · Ages: 4 and up

- Activity: Tangram puzzles · What kind: Puzzle · What a child does: Seven shapes, one picture to make. Cut a set from paper. · Ages: 6 and up
- Activity: The library · What kind: Read · What a child does: Free stories by reading level, to read together or alone, with no account. · Ages: 3 and up
- Activity: Short bedtime stories · What kind: Read · What a child does: Stories short enough for one more before lights out. · Ages: 3 to 8
- Activity: Stretches · What kind: Move · What a child does: Slow stretches for a calm end to a busy day. · Ages: 4 and up

How to plan an indoor day

Go loud first and quiet last. A child who has moved for ten minutes sits better for a puzzle, and a craft goes better after a snack. Swap between kinds every half hour or so, and keep one quiet thing in reserve for the moment everyone is tired. The Rainy Day Box can plan the whole day for you, from something to get the wiggles out in the morning to a story at bedtime, and print it for the fridge.

Small space? Exercises at home sorts every move by the room it needs, and most of the Activity Book fits on a kitchen table. Everything here is free through the end of 2026, with no ads, no sign-up and nothing to download.

For games only, see indoor games for kids.

Questions parents ask

What are good indoor activities for kids with lots of energy?

Moves that need little room: the brain breaks, the exercises at home, charades, or a fort from the Rainy Day Box. Ten minutes of one makes the next quiet thing easier.

What indoor activities need no screen?

The printables, recipes, magic tricks, exercises, charades and the Rainy Day cards. Once a page is printed or read, the screen can go off.

What can kids do inside on a rainy day?

The Rainy Day Box is made for it: cards of forts, crafts, games and experiments, each saying how long it takes and how messy it gets.

Are these indoor activities free?

Yes. Everything here is free through the end of 2026, with no ads, no sign-up and nothing to download.