



THE ULTIMATE GUIDE TO INDOOR FUN

RESOURCES AND ACTIVITIES LIST



The Ultimate Guide to Indoor Fun

RESOURCE LIST

These resources will help turn your time while stuck indoors into a time of fun, learning, and family camaraderie.

READ A GREAT BOOK

- Amazon list of [100 books to read in a lifetime](#)
- [Libby](#) connects to your local library and has both audio and eBooks.
- [Scribd](#) has a large library of audiobooks, eBooks, and even digital magazines.
- [Audible](#) has a huge catalogue of audiobooks.
- [Librivox](#) makes public domain audiobooks available for free.

CREATE YOUR OWN FILM FESTIVAL

- IMDB list of [100 top rated films](#)
- The Hollywood Reporter [top 100 movies of all time](#)
- Rotten Tomatoes list of the [top 100 documentaries](#)
- Rotten Tomatoes list of the [top 100 comedies](#)

TAKE AN ONLINE CLASS

- [edX](#) has thousands of courses from top institutions like Harvard and MIT.
- [The Great Courses](#) has courses on everything from photography to secret societies to algebra.
- [LinkedIn](#) offers courses on a huge variety of business subjects.
- [Masterclass](#) offers courses taught by experts in their field (James Patterson, Steve Martin, Gordon Ramsay, and more).

PLAN A TRIP

- [Google Maps](#) allows you to place pins on specific locations that you'll be visiting.
- [Google Trips](#) app scans your inbox for things like hotel reservations, car rentals, and itineraries. Then it organizes them together.
- The [Lonely Planet](#) app has guides to thousands of cities which provide tips and advice from experts.
- [Google Earth](#) uses satellite imagery to give you a detailed look at millions of locations around the world.

TAKE A VIRTUAL FIELD TRIP

- If you love animals, check out the [Panda Cam at Zoo Atlanta](#).
- With the [Georgia Aquarium Ocean Voyager live cam](#), you can observe thousands of fish, including sharks!
- [Star Atlas](#) allows you to explore the constellations that dot the night sky.
- Yellowstone National Park has a number of [interactive maps](#) and a [live stream of the Old Faithful geyser](#).
- If you're a history buff, don't miss the virtual tours offered by the [Smithsonian Museum of Natural History](#).
- With [Google Arts & Culture](#), you can virtually peruse more than 1,200 museums and galleries, including the Metropolitan Museum of Art.
- [Colonial Williamsburg](#) has a number of webcams which give you a sense of what it was like living in America 200 years ago.
- The [Great Wall of China virtual tour](#) allows you to explore one of the seven wonders of the world.

CONNECT WITH FAMILY AND FRIENDS

- The [Houseparty app](#) allows you to video chat with a group of people on your smartphone or computer.
- [Zoom](#) is primarily designed for business use, but also works really well for video chat with a group of people.
- [Marco Polo](#) enables you to send video messages to friends and family which they can view at any time.
- [WhatsApp](#) is a group chat app that makes it simple to have text conversations with multiple people at one time.
- [Netflix Party](#) allows you to watch movies along with friends and family. You can chat in real-time and everything is kept in sync for all parties.

PRACTICE MEDITATION

- [Headspace](#) has a huge number of guided meditations, sleep sounds, mini-meditations, and more.
- [Calm](#) offers numerous meditations of varying lengths, breathing exercises, nature sounds, sleep stories, and much more.
- [Aura](#) offers personalized meditations, music, stories, and coaching based on your mood.
- [Glo](#) combines yoga and meditation, allowing you to strengthen body and mind simultaneously.

GET SOME EXERCISE

- The [Nike Training Club app](#) offers more than 190 different workouts, all for free.
- If you use a Fitbit, consider using the [Fitbit Coach app](#), which recommends workouts based on your activity.
- If you're pressed for time, the [7 Minute Workout app](#) guides you through a quick cycle of proven exercises.

WATCH A TED TALK

- [Brene Brown](#) on the power of vulnerability
- [Simon Sinek](#) on great leadership
- [Dan Pink](#) on the puzzle of motivation
- [Dan Gilbert](#) on the science of happiness
- [Elizabeth Gilbert](#) on creative genius

EXPLORE REDDIT

- [r/askscience](#) - Deep dives into scientific questions and issues
- [r/todayilearned](#) - Interesting facts that people just learned
- [r/Futurology](#) - Explores the latest, most interesting technologies
- [r/nonononoyes](#) - Entertaining video clips of disaster being averted at the last second
- [r/Gifs](#) - A collection of the greatest gifs from around the internet
- [r/IAmA](#) - Different individuals, including many celebrities, talk about the unique aspects of their lives

LEARN TO PLAY AN INSTRUMENT

- [Yousician](#) offers online lessons for a variety of instruments.
- [Guitar Tricks](#) will help you get up and running quickly on the guitar.
- [Live Music Tutor](#) connects you with musicians who will personally teach you to play your instrument.

READ A BOOK TOGETHER

- Time Magazine lists of the [The 100 Best Children's Books of All Time](#) and [The 100 Best Young Adult Books of All Time](#).

LEARN HOW TO CODE

- [Code.org](#)
- [Code Monster](#)
- [Scratch](#)
- [Code Academy](#)
- [Lightbot](#)

CREATE A FAMILY WEBSITE

- [Wix](#)
- [Weebly](#)
- [Squarespace](#)

Fun Activities for Adults

1. **Read a great book.** Choose a fantastic book and read it from cover to cover.
2. **Create your own film festival.** Create a list of related films to watch and start making your way through that list.
3. **Take an online class.** Dive deep into a subject by taking an online course.
4. **Plan a trip.** Map out the places you'll go on your next big trip.
5. **Take a virtual field trip.** Virtually explore great locations around the world, like museums, national parks, and even the Great Wonders of the World.
6. **Connect with family and friends.** Catch up with those who matter most to you, either on the phone or through an app.
7. **Practice meditation.** Learn to calm your mind, relax your body, and focus entirely on the present.
8. **Keep a gratitude journal.** Increase your happiness by writing down things for which you're grateful.
9. **Get some exercise.** Get your body moving and blood pumping with an indoor workout.
10. **Watch a TED talk.** Listen to experts deliver inspiring talks on a variety of subjects.
11. **Declutter your closets.** Get rid of all the things you don't need that are cluttering your closets.
12. **Take a nap.** Rest and recharge with a lengthy nap or a much shorter power nap.
13. **Explore Reddit.** Make your way through thousands of online forums on every subject imaginable.
14. **Learn to play an instrument.** Finally learn how to play that instrument you've always wanted to play.
15. **Take up a new hobby.** Follow your interests and start a new hobby.

Fun Activities for Families

1. **Play a game.** Enjoy a classic like Monopoly or find a new game your family will love.
2. **Read a book together.** Introduce your kids to great books and foster in them a love of reading.
3. **Clean and declutter.** Work with your family to tidy up all those spaces that are out of order.
4. **Build a fort.** Use cushions, chairs, and blankets to build a fort for you and your kids.
5. **Learn how to code.** Introduce your kids to coding apps, websites, and games.
6. **Create a family website.** Use a simple website builder to create a family website.
7. **Make a movie.** Use your smartphone to film and edit a movie starring your family.
8. **Have a dance party.** Create a playlist of your favorite dance tunes and get everybody on the dance floor.
9. **Play indoor sports.** Create competition and burn off energy with indoor sports.
10. **Make a sensory table.** Let your kids feel and try to identify a variety of textured objects.
11. **Write letters to loved ones.** Have every family member write a letter by hand to someone they love.
12. **Play word games.** Increase everyone's vocabulary and have fun with classic word games like Mad Libs, crossword puzzles, and word searches.
13. **Have a pizza party.** Give everyone their own dough and let them make creative pizzas.
14. **Do an indoor campout.** Create an indoor "campsite" and sleep there instead of in bedrooms.
15. **Put on a puppet show.** Help your kids make puppets and then put on entertaining shows.
16. **Learn about new locations.** Choose a location, print out pictures of it, and learn interesting facts with your family.
17. **Go on a treasure hunt.** Create a series of clues that will eventually lead your kids to a prize.
18. **Do a challenge.** Turn a normal activity into a "challenge" which everyone can perform.