Sanity Savers for Rainy Days
Anchored in Hope Therapy

Painting - buy washable paint, use food coloring and water, or use kool-aid and water and a roll of craft paper from your area Dollar store:

Puddle Painting - let your child run their toy cars through the paint and see what they create.
Make greeting cards for loved ones or for an area nursing home
Give them a bowl of macaroni they can paint and make jewelry or have them glue it on paper to make a 3-D picture. You can also use cereal if you don’t want to get the paint out.
Potato or apple stamping - cut a shape out of a potato or apple and let your kids have stamping fun.
Kool-Aid painting - add warm water to kool-aid powder and let your child paint a picture that looks and smells great!
Cupcake liner flowers - take cupcake liners and let your child paint them. Then layer and glue them for a beautiful garden.
Q-Tip Painting - grab the q-tips and washable paint and let your child try their hand at pointalism.

Pretend Play - Use household objects to get their imaginations going!

Beauty Spa Day - Do each other’s make up, paint each other’s nails, give each other massages.
Carpet Picnic - Everyone pick/make a dish and then spread a blanket out in your living room and pretend you are exploring a mountain top or picnicking at the beach.
Paper Towel Roll Telescope - play pirates or discover new lands.
Build a fort.
Sumo wrestle - put dad -size t-shirts on and stuff pillows inside.
Play dress up - grab clothes and let your kids become super heros, rock stars, or kings/queens..
Play mail carrier using a box, writing ‘letters’ to each other.

Make and Takes: Get crafty with your kiddos:

Touch/Feel Box - Fill a tissue box with items your child can identify by the touch.
Family photo album - have your child help you make photo albums.
Make a story book together.
Marshmallow Toys - Make toys using toothpicks and marshmallows.
Make string art.
Make/decorate cookies.
Create snowflakes.  
Make a calm down jar - use dish soap or a mixture of warm water and corn syrup in an empty jar or water bottle. Add glitter, small objects or confetti and super glue the lid shut.  
Make your own bookmarks.  
Make paper beads using magazine pages that your child dips in glue and rolls into balls.  
Make a fortune teller.  
Create noise maker out of empty bottles/beans/rice.  
Create ‘find it’ jars out of beans/rice/small toys/objects.  
Create a dream catcher out of paper plate and string.  
Make a mask out of paper plate and a popsicle stick.  
Create your own puzzle by drawing a picture on cardboard and cutting it into shapes.  
Make soap clouds - put a bar of white soap on a microwave safe dish in the microwave for 1-2 minutes and make a cloud that they can play with in the tub.  
Make Lego creations.  
Make play dough sculptures using straws or popsicle sticks.  

Other Fun Ideas to do Around the House:  

Pennies in the Pot - Put a pot on the table and give each kiddo coins. Have them step back from the table according to age and whomever pitches all their coins in the pot wins.  
Hide and Seek  
Concentration - set up a group of toys/stuffed animals. Have your child close their eyes. Take one away and have your child see what’s missing.  
Have a pillow fight.  
Balloon ping pong or volleyball.  
Play “who am I” . Pick a favorite animal and guess what it is.  
Play I Spy  
Going Fishing - Give them a ribbon and let them hang it off a balcony stair. Have someone else put little toys or ‘fish’ on the ribbon.  
Play - dough charades - Bring out the play dough and recreate their favorite animal, character or even pretend you own a bakery.  
Indoor ‘sand’ box - Fill a container with rice, throw small toys in and give your child a shovel and let them dig.  
Building towers - get out the solo cups or blocks and have your child build a castle or fort.  
Box Masterpiece - Put your little in a box with crayons and let them create their own masterpiece.  
Sponge play - put water in the sink and let your kiddo ‘wash’ dishes and play with sponges.  
Have them help fold and sort laundry.  
Play magnets on a cookie sheet or the refrigerator.  
Go on a letter or color hunt (you name a color or letter and have your child bring back an object that represents it).