

# Rainy Day Fun: Activity Guide for Kids



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## Creative & Crafty



**Paper Bag Puppets** - Decorate with markers, googly eyes, and yarn.

**Rain Sticks**-Fill a paper towel roll with rice and foil for sound.

**Coffee Filter Art** – Drop watercolor on a filter and watch it spread.

**Nature Art Collage** – Use leaves, sticks, and pebbles collected before the rain.

**DIY Storybook** – Staple pages together and let your child illustrate their own tale.

## Move & Groove



**Dance Party** – Crank the tunes and get everyone moving.

**Indoor Obstacle Course** – Use cushions, chairs, and tape for a safe challenge.

**Freeze Dance** – Pause the music—freeze in silly poses!

**Animal Walks** – Hop like a frog, waddle like a duck, slither like a snake.

**Balloon Volleyball** – Set up a “net” with string and keep the balloon off the ground.

## Quiet & Cozy

**Read-Aloud Time** – Take turns reading or snuggle up with an audiobook.

**Sticker Fun** – Give them a sticker book or let them decorate a rainy-day journal.

**Puzzle Time** – Work on a floor puzzle together as a family.

**Meditation Break** – Try 3-5 minutes of guided breathing or kid-friendly meditation.

**Rain Watch Window Spot** – Set up a cozy spot to watch and listen to the rain.

## Sensory & Science



**Rain Cloud in a Jar** – Shaving cream + colored water = fun experiment.

**Sink or Float Game** – Use a bowl and toys to explore water science.

**Make Oobleck** – Mix cornstarch and water for messy fun!

**Sensory Bins** – Fill a tray with dry pasta, beans, or rice and add scoops/toys.

**Watercolor Rain Art** – Color a picture and place it in the rain for a magical blend.

## Bonus Tip:

### Create a Rainy Day Kit:

Keep a box filled with a few crafts, a card game, stickers, and a kid-safe flashlight for those surprise wet-weather days—at home or at the campsite.

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