



WHAT I
CAN
DO
INSIDE

ACTIVITY BOOK.

ENJOY and SHARE !

Hi there!

Yes, please do enjoy and share!

During this COVID-19 situation, I have been inside looking at my walls and a few of the stuffed animals. I asked the stuffed animals how I might be able to help people during this time while having to remain inside ..* crickets *..

I mean, I'm not a doctor or any kind of essential worker. The stuffed animals just stared at me and didn't say anything. Fine. Then I thought, I like to draw and I like games and activities, so why not create an inside activity booklet that anyone can use? This is it!



This booklet can be used and shared freely with your friends and family. Some activities can be done alone, as a family, and some activities used over and over in different ways. Play the activities at gatherings when it's safe to connect again. Note: Your family of stuffed animals may be better observers than players.

This booklet was mainly designed for kids but adults most certainly can and should play and have fun. Why not share some of your *completed* activities on social media (with permission from parents, of course). Have fun with it! **Everyone's ideas are different and are different every day, hour, minute and second.**

Let your creativity soar! 


About me: I enjoy designing personalized games, greeting cards, board games, books and activities. I've designed for both corporate training and for individuals. I designed an *inside* Easter Egg Hunt for adults that was quite an experience and a blast. I hope these activities bring you togetherness and joy.

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I Can Sing A Song




1. Sing the song "YOU ARE MY SUNSHINE" and clap  on every syllable.
2. THEN, sing it again and tap your hips, alternating on every syllable.
3. NOW, with your arms straight out to your sides (like a bird), sing it again and tap your chest, alternating each arm on every syllable.
4. SING IT ONE MORE TIME and clap or tap anything you want on every syllable.

GREAT! Try this again singing to a song OF YOUR CHOICE and clapping to each syllable.

    
YOU ARE MY SUN - SHINE

    
MY ON - LY SUN - SHINE

    
YOU MAKE ME HAP - PY

   
WHEN SKIES ARE GRAY

    
YOU'LL NE - VER KNOW DEAR

    
HOW MUCH I LOVE YOU

       
PLEASE DON'T TAKE MY SUN - SHINE A - WAY

I Can Make A Fan



Color and design your own fan (on next page). Cut, fold & voilà!

DESIGNING YOUR FAN:

1. Color your fan design with markers, paints, pen, pencils, ink or crayon.
2. Use the blank area in the middle of the fan to draw your own design, color or maybe write your name or a message.
3. When done, cut out the fan square, fold into an accordion shape and use.

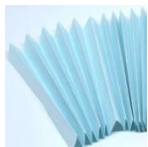
FOLDING INSTRUCTIONS FOR YOUR FAN:

You will use the solid straight lines on your fan as a guide during the folding process.

1. Place the design side of the fan face down.
2. From the edge of the paper, make the first fold at the first horizontal line, pressing down along the line as your guide to make a crease.



3. Flip the fan over and repeat the same as step 2. Continue with this process until the last row has been folded. Your paper should look like an accordion.



4. Now push all of the folds together and at one end of the fan, fold the end about an inch. You can tape it or staple it if you wish.

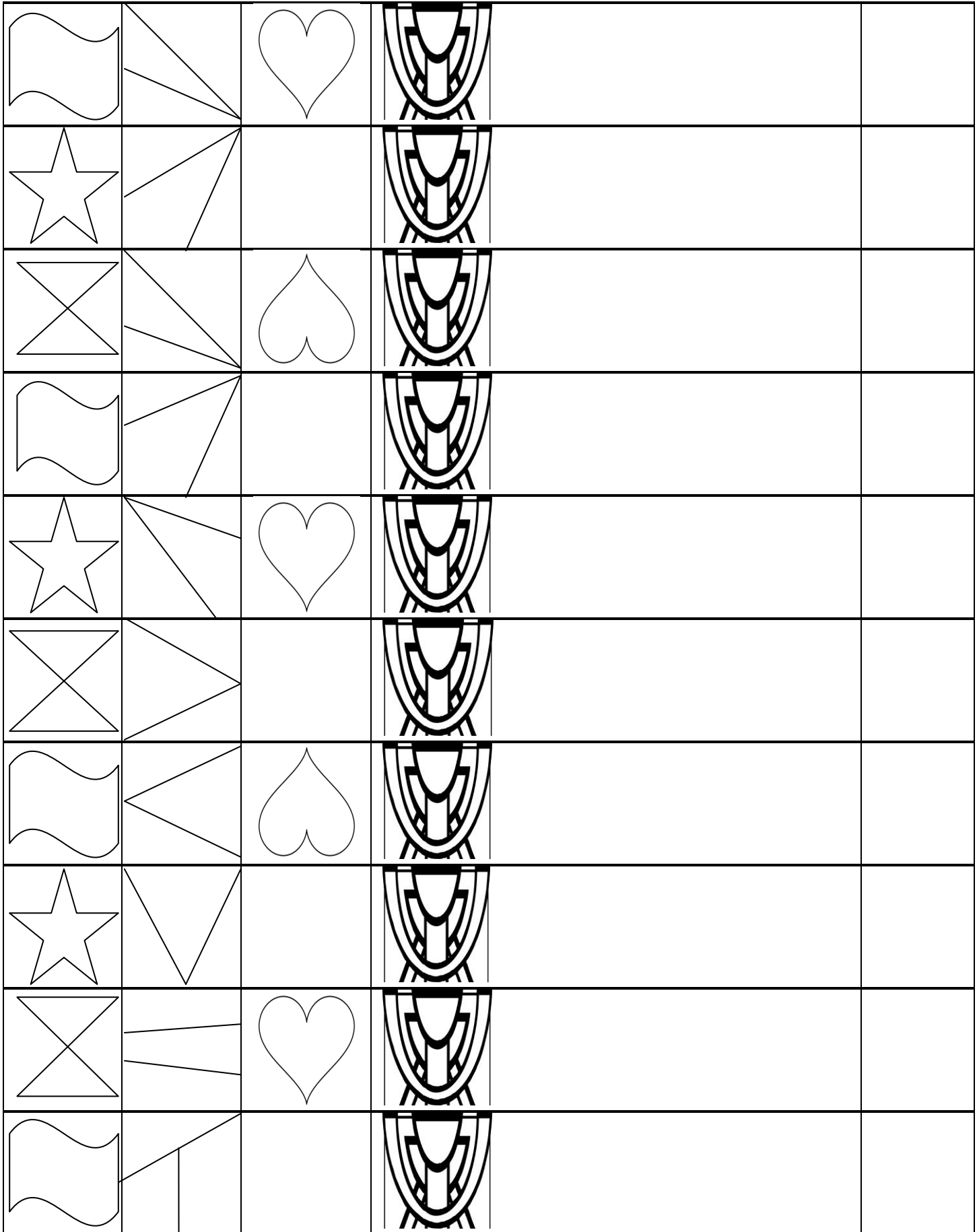


5. Take the top of the fan and open it up.



YAY, YOU'RE DONE!

----- cut ✂ ----- cut ✂ ----- cut ✂ ----- cut ✂ -----





I Can Be An Actor



Below is a scene and a line to read and perform .

1. Pick an emotion from the character/emotion list below.
2. Read either the scene or the line using your selected character/emotion.
3. Before doing the scene or your line, think about who you may be talking to, where you are, time of day, your situation, etc.
4. If you can, record/film your scene/line each time to see the difference.

HAVE FUN! - Can you think of another emotion? Go for it!

YOUR CHARACTER/EMOTION ACTING SELECTION LIST

1. You are **excited/happy**
2. You are **sad**
3. You are **upset**
4. You are **sleepy**
5. You are **telling a secret**

YOUR ACTING LINE:

"I have something to share with you so when you get this message, call me back."

YOUR ACTING SCENE:

"I want to plan a birthday party. I need to invite some friends but not sure how many. Oh, there are a lot of things to do. A party outside would be fun but what if it rains? Will you help me?"

I Can Share My Likes 🙌



Draw (trace) an outline of your hand.

Inside the drawing of your hand, make a self portrait by filling it with things about you and things you like. Draw your hand twice if there is space. You can color or write things.

Maybe write your **birthday month, name, things, people, places, foods, songs, movies, games, apps, animals, draw pictures, paste images, and more of things you like.**

I Can Play Word Search

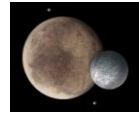
Find and circle the following names of planets and stars - from any direction.

Can you create your own word search puzzle? Try it.



EARTH
JUPITER
MARS
PLUTO
SATURN

SIRIUS
SUN
URANUS
VEGA
VENUS

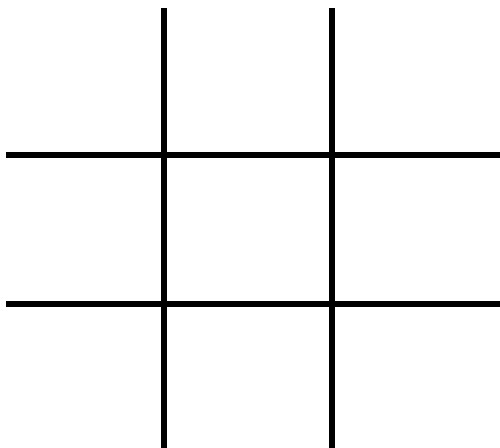


G	O	R	N	T	A	L	U	P	I
P	L	U	T	O	D	N	S	N	A
O	E	L	P	E	R	U	L	V	S
R	S	E	C	O	N	D	R	E	P
E	I	A	H	A	R	O	N	G	R
T	R	I	R	N	A	V	F	A	E
I	I	U	D	E	T	E	O	N	T
P	U	E	T	B	I	N	R	H	U
U	S	N	U	S	W	U	K	I	N
J	I	E	M	O	T	S	M	L	O
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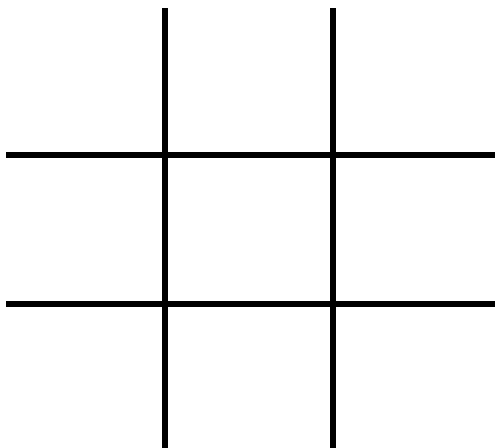
I Can Play Games

(find a game partner)

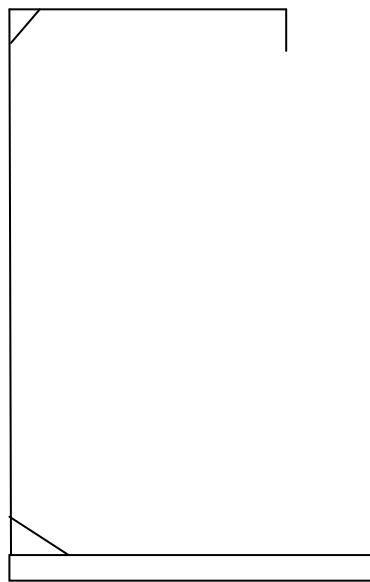
TIC TAC TOE



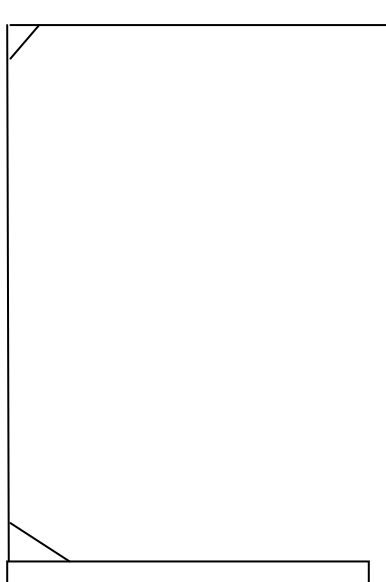
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HANGMAN —



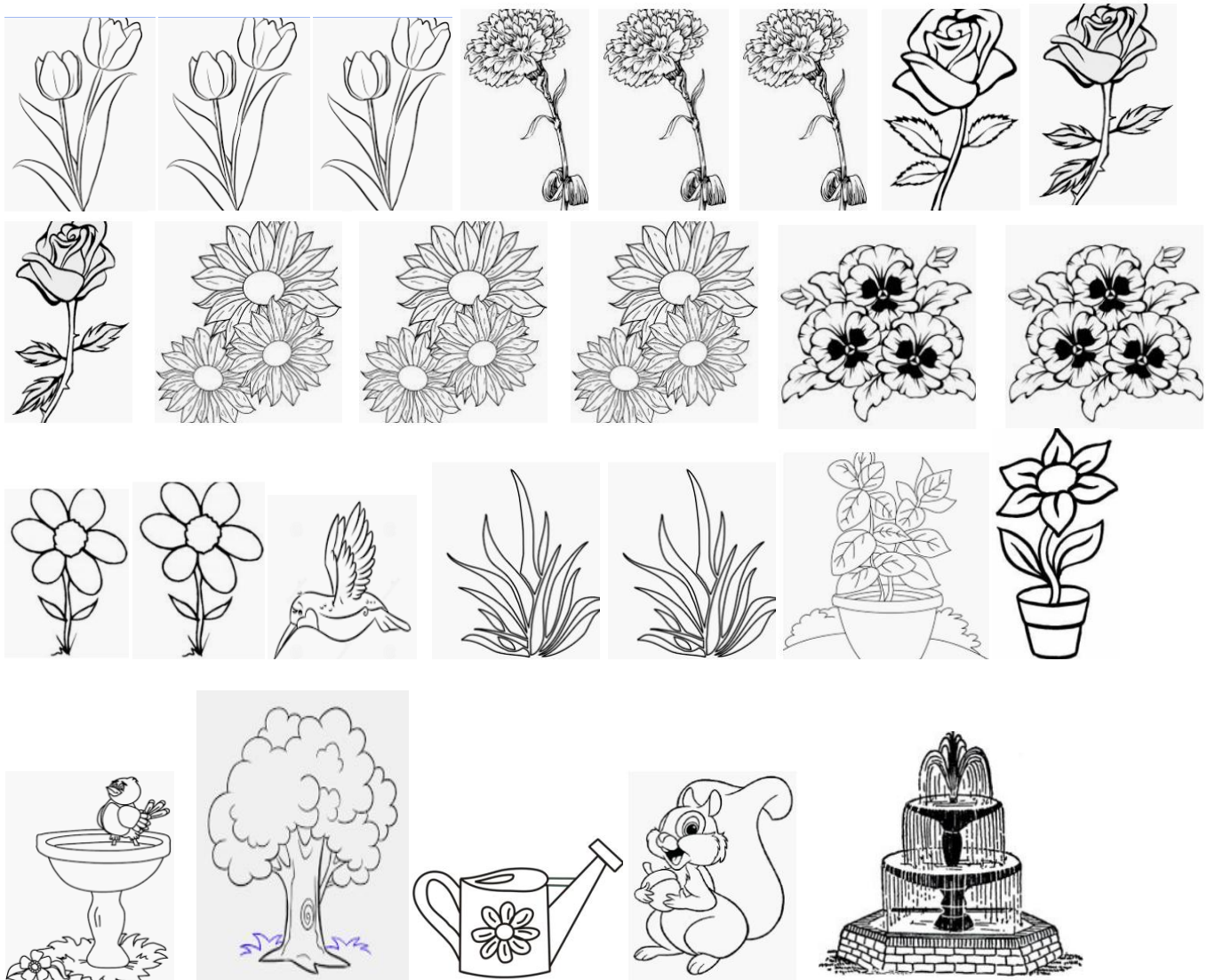
HANGMAN



I Can Design A Garden

This is your garden to design the way you want (see next page for blank garden).

- Color your plants, flowers, etc.
- Cut out what you want and paste or tape to your garden.
- Feel free to draw your own plants, flowers, birds, squirrels or whatever you wish in your garden.



THIS IS MY GARDEN



I Can Tell A Short Story

Pick any of the story themes/titles below and make up a short story with that theme. Write it down or create it on the spot. Share your stories.

A CAT HAS KITTENS

Make up a story about a cat having kittens. Tell whatever story you want but if you want help on ideas: How many kittens? Where did mother cat have them? What colors are the kittens? How many male/female? What are their personalities? What happened before the mother had the kittens? Was there an adventure? Do they have names? Are they all together?



WALK DOWN THE STREET WITH ME

Tell a story about what someone sees and experiences in detail if we walk down the street with you. Tell a story that is real and also a story that is imaginary. If you need help with ideas: Do you know neighbors? Who are they? Are there stores? Sidewalks? Trees? Animals? Is there a favorite spot? Fire hydrant? Signs? Field? Farm?



THE LOST DOG

Make up a story about a lost dog. Tell whatever story you want but if you want help on ideas: Is the dog telling the story or are you? Did the dog get away from someone? Where was the dog before lost? Does the dog end up someplace else? What kind of dog is it? Does the dog have an adventure?



The Mystery of the Missing _____

Fill in the blank and write a story about what you chose is missing. Tell whatever story you want but if you need help with ideas: Are you a detective? Are you someone else or just telling the story? Is it a missing person, place or thing? What are the clues? Why is it important that it be found?



3, 2, 1 Blast Off!

Make up a story about how you are an astronaut and you have a team of people taking a space ship to wherever you want to go. Tell whatever story you want but if you need help with ideas: Who is part of your flight team? Where are you going (you can make it up)? Is there an adventure on the way? What happens when you land? What do you see and do? How long are you there? What happens?



I Can Play Improvisation

In improvisation, you play using different actions and emotions to create.

You can be and do anything.

You can play these games with others or play them alone.


Use your imagination.


But first, let's do some **physical warm up games**, okay? **GO!**


Breathe and circulate that blood flow - do this exercise 2 times!

1. While standing, bend over slightly and take a slow deep breath in while at the same time, bringing your arms up above your head, reaching for the sky.
2. Then slowwwly exhale while bringing your arms back down to your side.

Do each activity at least 10 counts for each warm up below, then repeat it again, one more time.

1. **arm & hand waves:** Wave your arms & hands above your head 
(Are you waving hello? Are your hands pom poms? Are you trying to catch a bus? Feel free to make some noise or count out loud.)

2. **gentle leg kicks:** Alternating your leg kicks (at a comfortable level) 
(Are you kicking a ball? Are you trying to kick something off your foot?)

3. **swim forwards, then swim backwards** 
(Are you swimming in a race? Are you getting away from a shark?)

**Now you are warmed up
and ready to pick an improv activity on the next page**

I CAN DO THESE IMPROV ACTIVITIES

Select any of the games below. If you want to make it more interesting, cut out these activities, fold them and place them in a bowl, bag or any container. Reach in and pick one.

<p>ACTIVITY: Say this out loud</p> <p><i>"I am walking down the store aisle looking for _____"</i></p> <p>Do the action of going down the store aisle looking for your item you choose. While saying the above out loud, do you find it? Where is it? High on a shelf? Low? How are you holding it? It is big? Small? Damaged? On sale? Improv these discoveries.</p>	<p>EMOTION: NERVOUS</p> <p><i>You are climbing up a ladder and walking on a tight rope over a river with nothing below to catch you.</i></p> <p>Improv climbing up the ladder and walking on the tight rope. How are you walking on it? Do you make it to the other side? Do you fall? Stop and do tricks?</p>	<p>YES, AND....</p> <p><i>You are on an INFOMERCIAL. Pick one item and describe that item as much as you can until you run out of ideas but you must say, "Yes, and" after EVERY sentence before continuing.</i> If you have a partner(s) then each one takes a turn and keep going as long as you can.</p> <p>EXAMPLE: "This is a cute stuffed bear." "Yes, and it is very huggable." "Yes, and the bear is 4 feet tall." ...</p>
<p>ACTIVITY: Say this out loud</p> <p><i>'I am going to bake _____ and this is how I am making it.'</i></p> <p>Do the action of preparing to bake whatever you choose. While saying the above out loud, how are you preparing it? Is it by a packaged box? Hand made with dough/flour? What flavors? Is it round? Square? Layered? Are they cookies? Cake? Brownies? What will be in it? Are you making it with wood, ice cubes or something odd and fun? Improv these actions.</p>	<p>EMOTION: HAPPY or DISAPPOINTED</p> <p><i>You have a gift. While opening and taking out the object, which one is your emotion?</i></p> <p>Without saying anything, improv opening up the gift and taking out the object. What is the gift wrapped in and how is it wrapped? How big is it? Is it heavy? Improv your emotion as you see and take out the object. Also improv what you do with it.</p>	<p>YES, AND....</p> <p><i>You are a weather forecaster. Report an approaching tornado with as much detail and action as you can but you must say, "Yes, and" after EVERY sentence before continuing.</i> If you have a partner(s) then each one takes a turn and keep going as long as you can.</p> <p>EXAMPLE: "The sky is blue right now." "Yes, and I see in the distance some big clouds." Yes, and the wind is starting to get stronger." ...</p>
<p>ACTIVITY: Say this out loud</p> <p><i>"I am a _____ and I am being taken for a ride down _____."</i></p> <p>You are a vehicle of choice and you are being driven down a path of your choice. While saying the above out loud, what kind of vehicle are you? Are you being driven down a bumpy road? A hill? Is there traffic? Do you run out of gas? Are you fast/slow? Do you get a flat tire? Improv your actions.</p>	<p>EMOTION: FRUSTRATED</p> <p><i>You put a pullover on backwards. You also put a button-down shirt over it and the buttons aren't lined up.</i></p> <p>Without saying anything, improv putting on the pullover, realize it is backwards and take it off and back on correctly. Put the button-down shirt on and realize it is not lined up. How do you handle this? What do you do?</p>	<p>YES, AND....</p> <p><i>You are an architect. Describe your new building design in detail but you must say, "Yes, and" after EVERY sentence before continuing.</i> If you have a partner(s) then each one takes a turn and keep going as long as you can.</p> <p>EXAMPLE: "I am going to build a skyscraper." "Yes, and it is going to be the tallest in the world." Yes, and the lobby will be made of paper." ...</p>

I Can Make A Puzzle

Color, draw or write whatever you want into the blank puzzle. If you have some thin cardboard, glue it to the cardboard and cut out the pieces. If not, just the paper is fine. Now you have your own personal puzzle to do yourself or to give to someone else to put together.

