



what do you
do if you
can't go
out?

colouring book by
amanda + jeremy ingram



what do you do
if you can't
go out?

there's plenty of
things so don't
sit and pout!





you could
read a book
while curled
in bed

or look at
picture books
instead.



play a game like chess or cards



or fix a puzzle that's really hard.



you can write a story or a poem



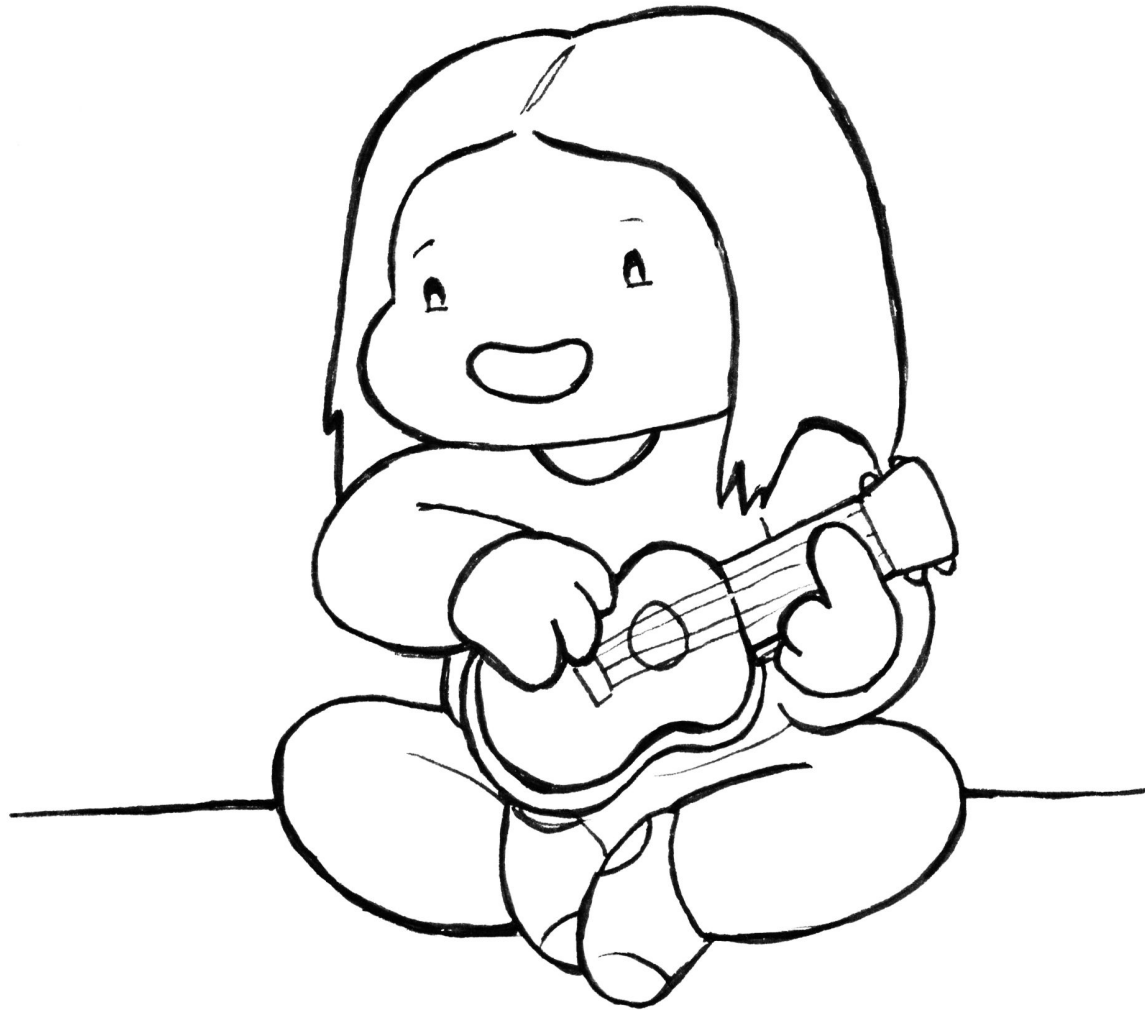
dance with a partner or on your own.



paint a picture of your favourite thing



or grab an instrument and sing!



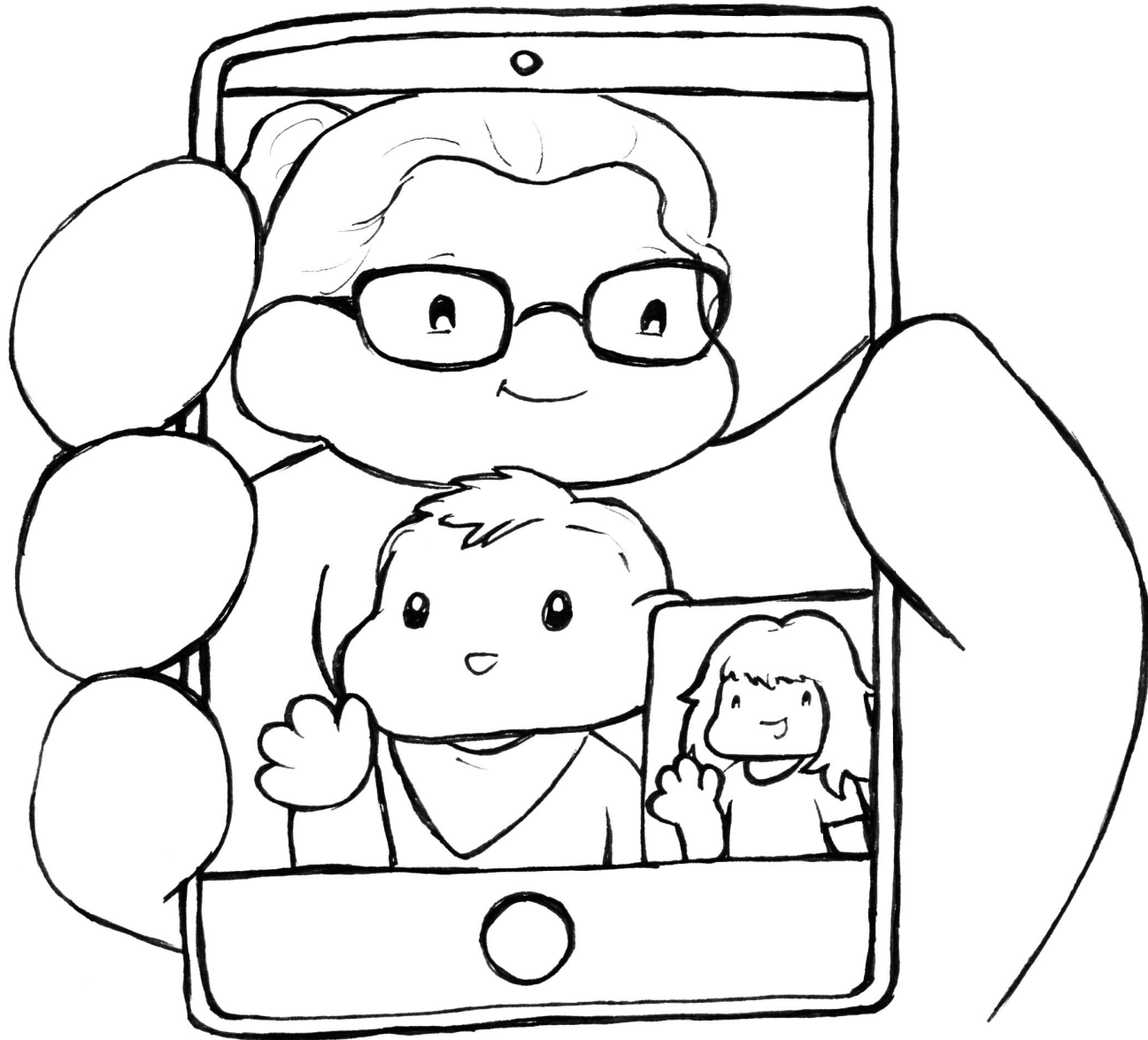
you could make
a scarf or
pair of socks





or build a
house with
tiny blocks.

use your phone to call a friend



or play your favourite game again.



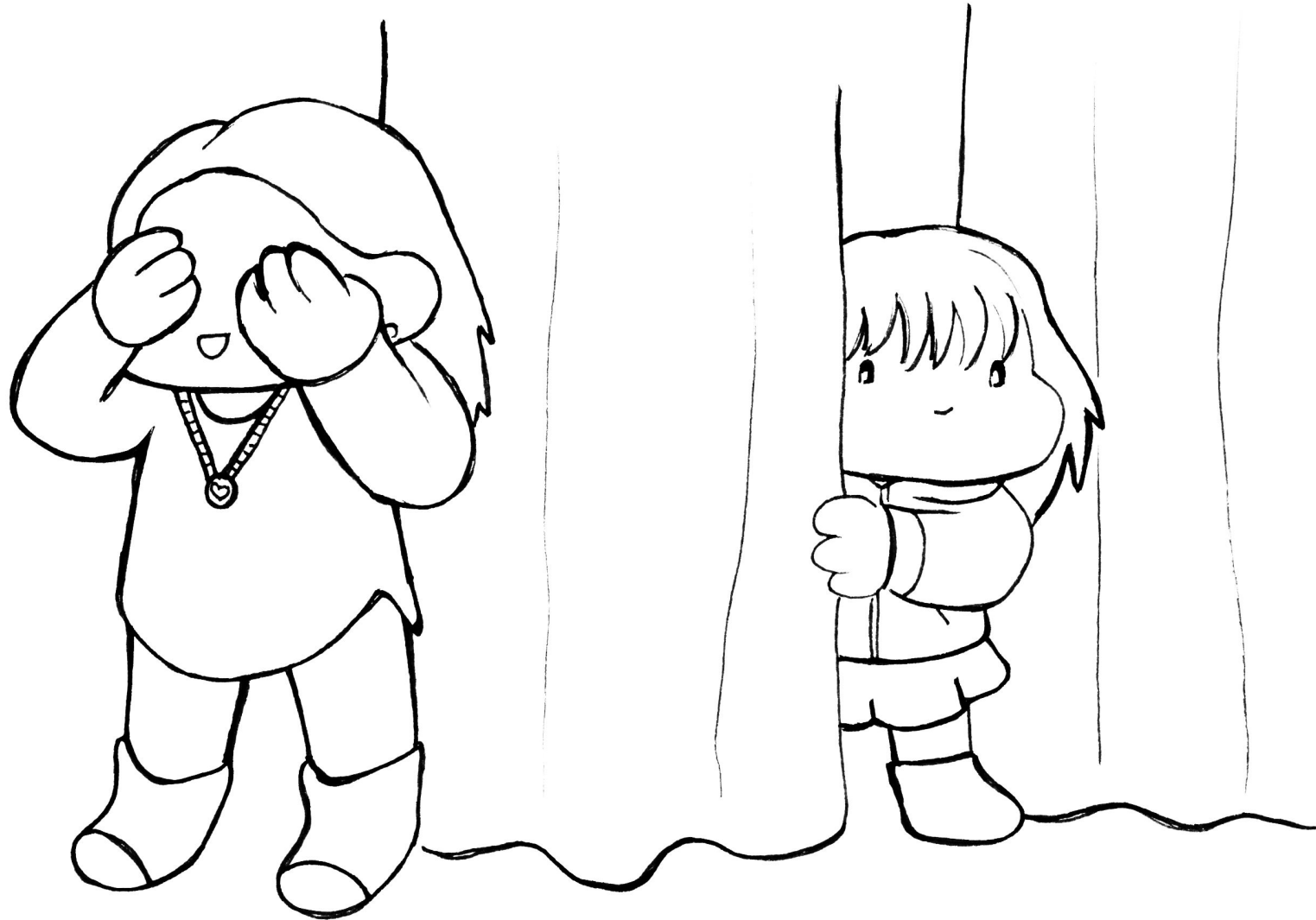
you could do
some indoor
exercise



or bake some
yummy cakes
and pies.



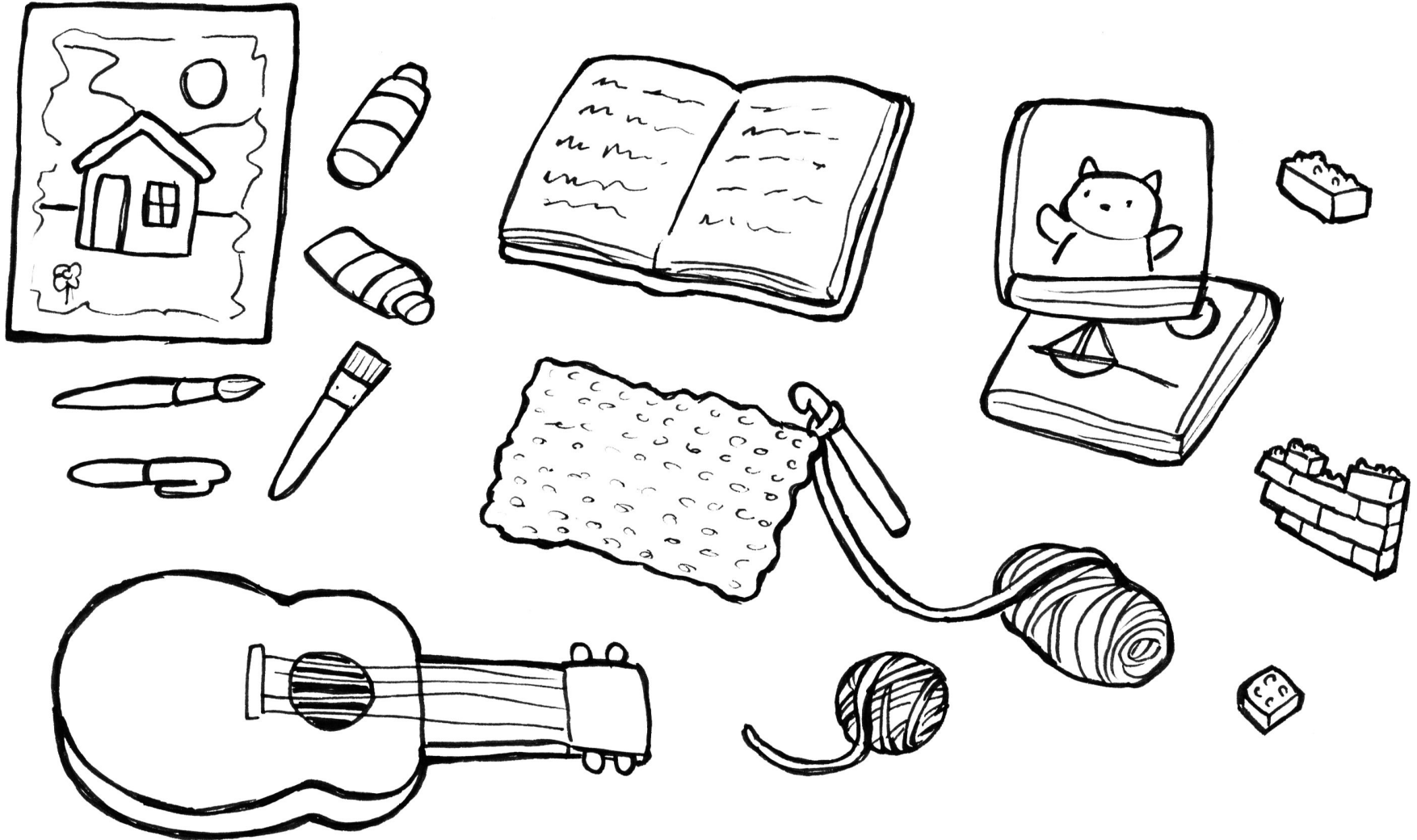
play a round of hide and seek



or watch a movie with lots of treats.



go ahead rain, block the sun



we'll be indoors having fun!

