When It's Raining...

Rainy day ideas for every age | mummy.london

Under 1

- **Baby sensory tray**
  Fill a tray with pasta, rice or safe textures
- **Mirror time**
  Babies love their own reflection
- **Baby massage**
  Warm oil, YouTube tutorial, pure bliss
- **Bubble watching**
  Just blow bubbles — endlessly fascinating
- **Soft music and dancing**
  Turn up the tunes and sway together

1 – 3 Years

- **Water play in the bath**
  Add food colouring, cups and spoons
- **Sticker books**
  Hours of concentration guaranteed
- **Painting with household objects**
  Sponges, forks, bubble wrap
- **Cloud dough**
  2 cups flour + 1/4 cup baby oil = magic
- **Indoor obstacle course**
  Cushions, tunnels, soft toys
- **Playdough from scratch**
  Flour, salt, oil, cream of tartar

3 – 6 Years

- **London treasure hunt**
  See page 2 — print and play!
- **Baking together**
  Fairy cakes, banana bread, cheese scones
- **Puppet show**
  Sock puppets + a cardboard stage
- **Cardboard box city**
  Cereal boxes and paint = a whole London
- **Fort building**
  Sheets and chairs = the best den ever

6 – 12 Years

- **Write a London story**
  Set it in their favourite borough
- **London quiz**
  Big Ben, the Thames, the Tube
- **Film a mini movie**
  On your phone — pure creativity
- **Build a Lego city map**
  Plan their ideal London neighbourhood
- **Learn to knit or sew**
  Start with a simple project

London Indoor Treasure Hunt

Find all 12 — tick as you go! | mummy.london

1. Something that reminds you of London
2. Something red (like a bus!)
3. Something you can look through
4. Something that makes a sound
5. Something soft
6. Something older than you
7. Something yellow
8. Something round
9. Something that smells nice
10. Something that belongs outside
11. A book you haven't read in a while
12. Something starting with the letter M

Bonus challenge: Can you find all 12? Tick each one as you go!

Top 10 London Soft Plays & Play Cafés

The mummy.london verified picks | Find more at mummy.london

1 Sammy's Soft Play

Queen's Park

Vegetarian café + climbing frame. Ages 0–8

2 Finnegan's World

West Ealing

Magical boutique soft play in a former bank

3 Bambino City

Dagenham

East London family soft play café. Ages 0–10

4 Eddie Catz

Putney

Multi-level play + excellent café. 6m–8 yrs

5 Sand Club

Wandsworth

Unique indoor sand play. Nothing like it.

6 Jungle Monkeyz

Shepherd's Bush

Themed zones + café in W12. Ages 0–12

7 Bella Boos

Fulham

Candy-themed soft play. Ages 6m–10 years

8 Harmony N10

Muswell Hill

Family café and soft play. Free parking.

9 Little Dinosaurs

Alexandra Palace

Indoor play + outdoor garden. Ages 0–9

10 Bellingham Leisure

Lewisham

Great-value multi-level play. Up to 8 years

Find full details, opening times and addresses at mummy.london