

35 EASY ACTIVITIES

TO BREAK UP THE DAY
from BusyToddler.com

1. **Popside Bath:** Let your child take a bath while eating a Popsicle - mess is contained & the kids are happy.
2. **Decorate Boxes:** Go big - use paint, stickers, construction paper, crayons, markers. Store it and play again tomorrow.
3. **Pillow Lava:** Put every pillow and cushion on the floor for a "pillow lava" experience.
4. **DIY Coloring Page:** Roll out a large piece of paper and draw your child their own personal GIANT coloring page.
5. **Make Play Dough:** Make some homemade play dough *with your child*. Let them be a part of the process.
6. **Wash the Toys:** Fill a large container with tear-free soapy water. Have your child wash their plastic toys in the bin.
7. **Toy Parade:** Tape lines on the carpet and set out some tiny toys to have a giant parade.
8. **Creation Station:** Let your child cut and glue recycled materials - explore, tinker, create.
9. **Dance Party:** Crank up the tunes, add in some glow sticks, turn off the lights - make this a real kid party.
10. **Random Painting:** Invite your child to paint with *random paint brushes:* foil, Q-tips, cotton balls, sponges.
11. **LEGO Bath:** Dump your LEGO Duplos or other large plastic bricks in a full bath - let the water building begin!
12. **Build with Toilet Paper Rolls:** Have your child build towers using toilet paper - they can pretend they're snow forts.
13. **Box Road:** Cut open a box and draw DIY road in marker. Bring out cars, blocks, animals and make a town.
14. **Toy Hide & Seek:** Pick a toy to play hide and seek with (puzzles are great). Hide the pieces for your child to find.
15. **Playing Card Games:** With cards, have your child sort by color, suit, & number. Teach them Slap Jack. If older, play War.
16. **Make a Fort:** Be epic! Bonus points: have lunch *INSIDE* the fort, read books in the fort, bring in toys.
17. **Paint in the Bath:** Cover the walls with paper and let your child paint will in a dry bathtub.

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18. **Make a Ramp:** Use wood OR fold an open box into a ramp. Tip: tape a broom handle to the back of cardboard for stability.
19. **Flashlight Find:** Put sticky notes all over with shapes, words, or numbers. Send your child to find them with a flashlight.
20. **Sensory Bin:** Make a sensory bin in a storage container. Fill with kitchen tools and a base (rice, cornmeal, leftover cereal, or oats).
21. **Make Paper Airplanes:** Learn how to make paper planes and teach your child. Have races.
22. **Body Art:** Lay your child down on a large piece of paper and trace their body. Let them paint it.
23. **Car Races:** Have car and ball races on the floor - keep track of the winners.
24. **Play with Ice:** Experiment with ice. Fill a bin with ice and add water. Ladle the ice, mix, scoop, and smash it.
25. **Paint the Trash:** Grab the recycling & let your child paint it - egg cartons, boxes, etc.
26. **Bake Cookies:** Bonus points: Open the cookbook and pick a *NEW* recipe.
27. **Color Bath:** Collect plastic toys and object - all one color. Dump them all in the bath for a color themed experience.
28. **Bubble Foam:** 2:1 tear free bubble bath/body wash to water - 1 cup soap + ½ cup water. Mix with a hand mixer or blender to "stiff peaks."
29. **Paint the Toys:** Let your child paint some of their plastic toys (then have them wash them off in the bath).
30. **Cut & Glue Bin:** Let your child practice cutting and gluing by making a collage on paper.
31. **Puzzle Unwrap:** Wrap puzzle pieces in foil or paper and let your child open them and complete the puzzle.
32. **Send Letters:** "Write" letters and make pictures for family and friends - actually mail them!
33. **Pouring Station:** In a bin or dry bath tub, let your child scoop and pour water into and from various containers.
34. **Coin Sort:** Sort the coins onto 4 plates. Talk about each coin's uniqueness.
35. **Oobleck:** 2:1 cornstarch to water. Mix 2 cups of cornstarch and 1 cup of water for an awesome taste safe science experiment.