

Toddler Activities (Ages 1-3)

Sensory Play

- Fill a bin with dry rice or beans for pouring and scooping
- Use a muffin tin to sort small objects like buttons or pom-poms
- Fill a container with water and add plastic animals for a "safari" experience
- Use a large cardboard box as a playhouse or car
- Fill a bin with shredded paper and hide small toys for a treasure hunt
- Make a "nature bin" with leaves, rocks, and twigs for exploration
- Create rainbow spaghetti with food coloring for tactile exploration
- Fill a baby bathtub with water and ice cubes for pouring experiments
- Make sensory bags with different textures rotated weekly
- Pour rice between containers in a contained space



Fine Motor Skills

- Use a hole punch to create holes in paper and string yarn through
- Use a small container to practice pouring and scooping
- Stack plastic cups or blocks to build towers
- Use tongs to transfer small objects from one bowl to another
- Sort buttons or beads by color or size
- Use a hole punch to create holes in paper and string yarn through
- Fill and empty containers with water using cups or spoons
- Use a spray bottle to water plants or clean surfaces
- Poke colorful pom-poms through bottle openings
- Thread Cheerios onto upright spaghetti stuck in clay
- Arrange clothespins on cardboard edges
- Stick paper pieces to contact paper shapes on walls



Creative Expression

- Use crayons or washable markers to color on paper
- Use washable markers to draw on paper or cardboard
- Make collages with magazine cutouts and glue
- Use finger paints or washable paints to create art
- Make homemade playdough and shape it into objects
- Use stickers to decorate paper or cardboard
- Make a "nature collage" with leaves, flowers, and twigs
- Cover toys with painter's tape for an "unmasking" activity
- Decorate pet rocks and create homes for them
- Draw pictures for family members
- Sit in a box and decorate the inside with washable markers



Practical Life Skills

- Practice pouring water from one container to another
- Use a sponge to wipe surfaces or clean toys
- Help with simple cooking tasks like stirring or mixing
- Sort laundry by color or type
- Wash toys in a baby bathtub and dry them on a mat
- Use sponges with soapy water to "clean" kitchen cabinets
- Match pairs of socks
- Float and ladle toys in water
- Fill a small tub with water and wash plastic toys
- Use a spray bottle to water plants or clean surfaces
- Practice folding washcloths or napkins
- Use a small broom and dustpan to sweep up crumbs

