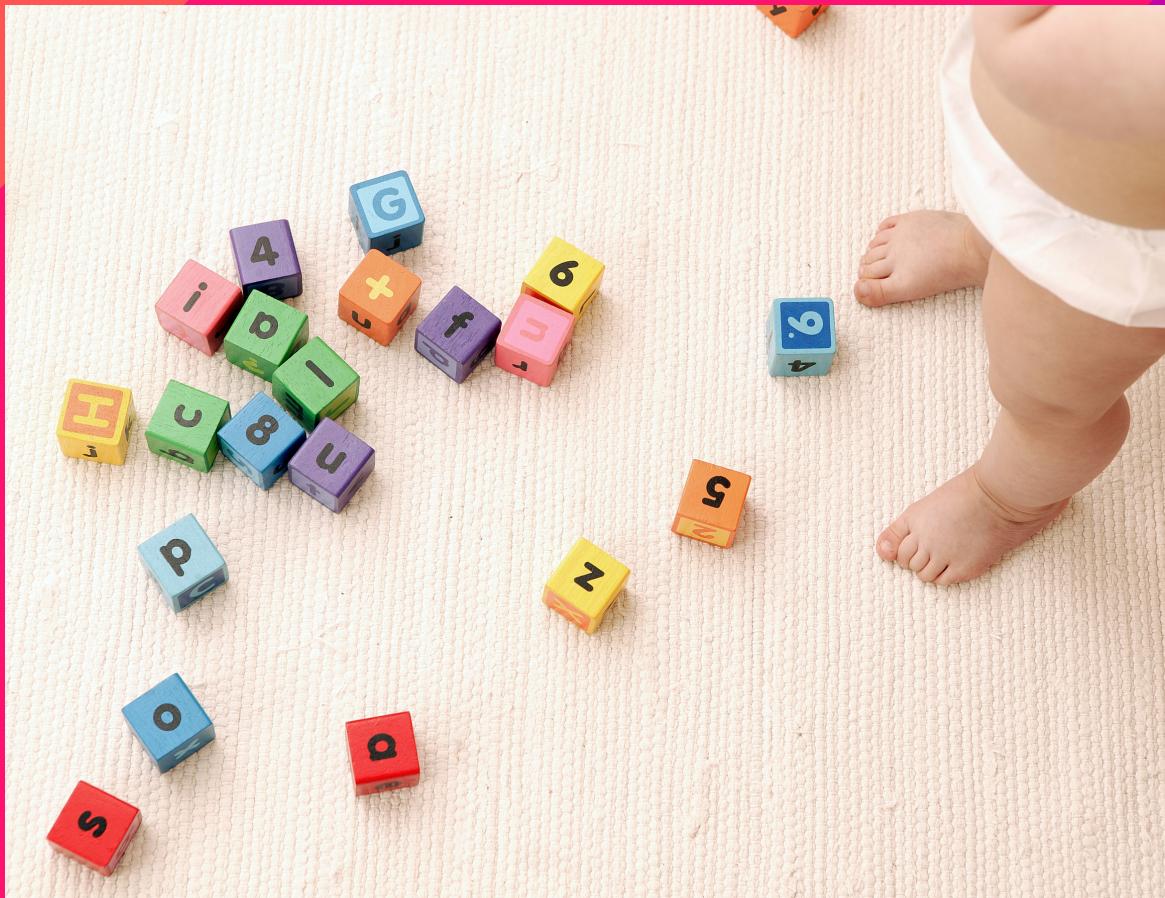


Your Guide to —

Indoor Activities

For Toddlers

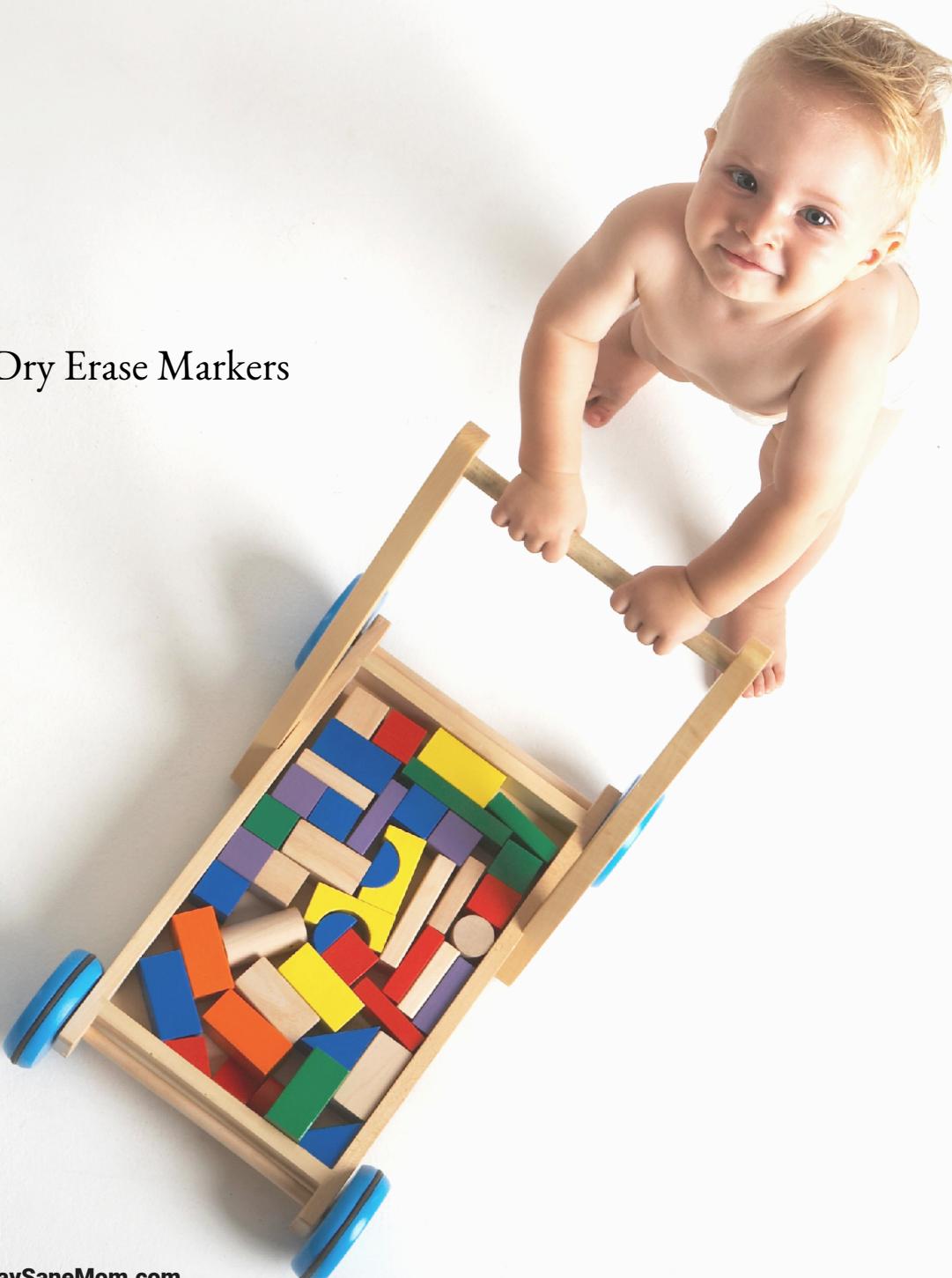


How to Keep Your Toddler from
Destroying Your House on Rainy Days

Cheaps Supplies

HERE ARE THINGS YOU CAN GET VERY INEXPENSIVELY AT MOST CRAFTS STORES

- Pipe Cleaners
- Construction Paper
- Buttons
- Dried Macaroni
- Glue
- Finger Paint
- Balloons
- Washable Markers or Dry Erase Markers
- Crayons
- Colored Pencils
- Brown Paper Bags
- Colored Pom Poms
- Cardboard Boxes
- Dry Rice or Beans
- Play Dough
- Zip Lock Bags
- Shaving Cream
- Cheerios
- Dish Soap
- Bubble Solution



What's Inside



ARTS & CRAFTS

Toddlers love to create! Here are some no mess (or mess lite) options for some creative fun.

INTERACTIVE PLAY

The most fun times for your mini me are when the two of you play together. With these games, it might actually be fun for both of you!

SENSORY & HANDS-ON

Toddlers feel stuff. They love new or weird sensations. These are sure to be favorites.

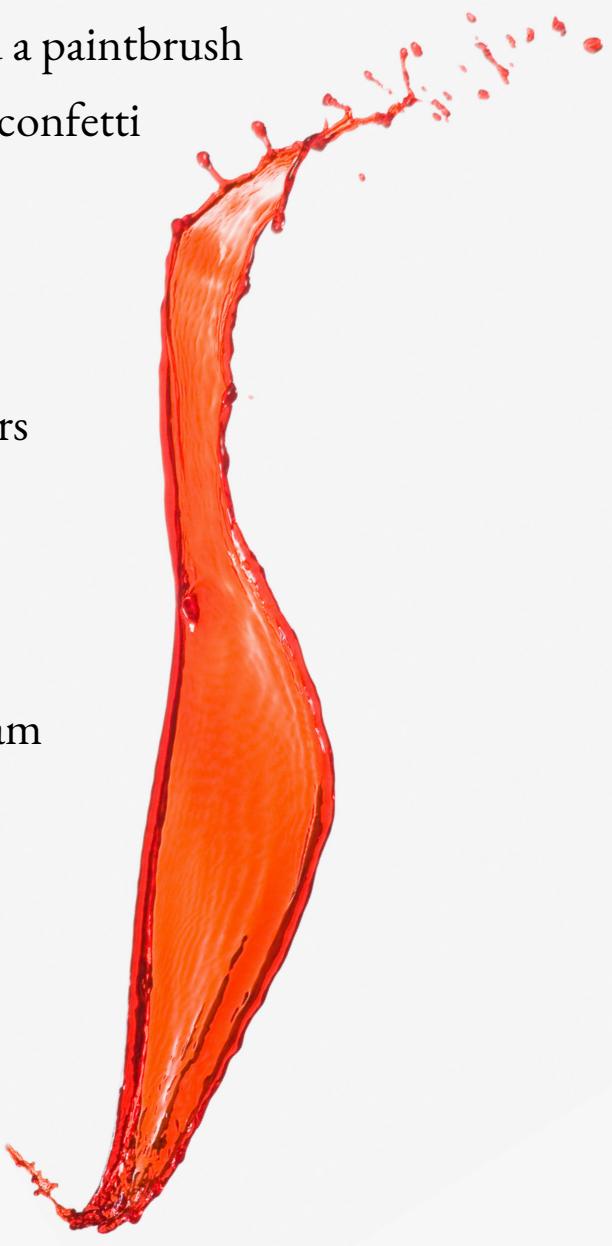
ACTIVE PLAY

If your little one has some extra energy, look no further! These should be fun ways to roughhouse, without destroying your house.

Arts & Crafts

FUN WAYS TO BRING OUT YOUR KID'S CREATIVE SIDE

- Cutting construction paper and making mosaic art with glue
- Buy frosting and plain cookies and let them decorate their own cookies
- Coloring with markers, crayons, or colored pencils
- Origami (either use a YouTube tutorial or make it up yourselves)
- Put tracing paper over a computer or TV screen to draw characters
- Let them "paint" their toys with dish soap and a paintbrush
- If you have a shredder, let them play with the confetti
- Painting or finger painting
- Using crayons on sandpaper
- Painting with water on a cardboard box
- Using dry erase markers on windows or mirrors
- Making paper bag puppets
- Activity books or printable coloring books
- Glue macaroni to almost anything
- Let them "paint" the shower with shaving cream
- Tie dye (supervised) old clothing
- Let them draw on an old sheet with marker
- Draw a "house" or fort on a cardboard box
- YouTube drawing tutorial videos (for kids)
- Make stamps from potatoes



Interactive Play

GAMES YOU CAN PLAY WITH YOUR TODDLER

- Let's pretend...
- I Spy
- Leap frog
- Make a tent, blanket, or umbrella fort (flashlights are a must)
- Toddler Pictionary (draw things and make them guess what)
- Look for things that are ___ (colors, shapes, textures, etc.)
- Scavenger hunt
- Cooking and/or baking
- Let them "help" clean
- Red light, green light
- Mother may I?
- Board games
- Read books aloud
- Karaoke (may involve Baby Shark...sorry)
- Play a musical instrument together
- Plan surprises for Dad/siblings
- Reorganize their room/closet
- 21 questions



Sensory & Hands-On

THINGS TO FEEL & TOUCH

- Make a bean or rice tub
- Kinetic sand (in a Tupperware)
- Sorting toys, cereal, or beads by color, shape, or size
- Putting pom poms into an empty bottle
- Sorting pom poms into a cupcake tin by color (use tweezers or chopsticks)
- Putting pipe cleaners or toothpicks into a strainer (fine motor skills)
- Pouring water (over a tray or the sink)
- Pouring water with food coloring (extra fun, slightly messier)
- Put their toys in an opaque bag and make them guess by touch
- Anything with Play Dough
- Fill Zip-Locks with paint or food coloring/shaving cream to squish
- (Toy) hammer golf tees into Styrofoam or a cardboard box
- Thread Cheerios onto pipe cleaners
- Put bath toys in the kitchen sink (extra fun to "paint" with dish soap)
- Make slime (there are billions of recipes online)
- Let them try on your clothes/shoes
- Sort clean laundry by person or color

Active Play

GET RID OF EXTRA ENERGY

- ABC pushups (one letter per pushup/jumping jack/cartwheel/etc.)
- Marshmallow catching contest...with your mouths (grapes/blueberries too)
- Dance party
- Parachute or sheet play
- Sitting down or crawling tag
- Sock wrestling
- Balloon hockey (with a flyswatter or pool noodle stick)
- Balloon volleyball or tennis (with paper plates as paddles)
- Indoor bowling (with a light ball and empty two liter bottles)
- Ball up paper and play basketball in the garbage
- Painter's tape patterns (zig zag, etc.) on the floor and walk on them
- Play catch with stuffed animals
- Monkey See, Monkey Do
- Follow the leader
- Indoor obstacle course
- Pillow fight
- Simon Says
- Hopscotch



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under-slept, soul-hungry mom.

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