

# Inspiration List: Occupy younger kids



## Activities with minimal supervision

- Paint with water - give your child a cup of water and a paintbrush!
- Water play! Use buckets or a bath. Add food colouring, bubbles, ice-cubes, or toys for more fun.
- Rice play: Empty a bag of rice into a deep oven tray and give them cars or spoons to play with.
- Craft - colouring/stickers/playdough/chalk (etc) - decorate paper, a box, the pavement.
- Make a hut/tent in the lounge.
- Hide objects for them to find e.g. pegs, their toys..
- Let them loose with all your plastic containers.
- Make music: Get out the pots and wooden spoons.
- Quiet activities: Books/magnets on the fridge/chalk drawings/toys/puzzles.
- Get out a mirror and let them make faces at themselves!
- DVD/ipad

## Cool things to make

- Woolly sheep: Glue cotton wool on cardboard.
- Family placemats: Design and (optional) laminate
- Flower pots: Paint tin cans
- Ladybirds: Paint little rocks
- Mobile: Tie things to a coat hanger and hang it.
- Sock Puppets: Use buttons for eyes.
- Butterfly painting: paint one side of paper then fold the painting in half. Add antenna after.
- Boats - make boats to float in the bath
- Flags: Cut up colourful bags into triangles and attach to string
- Paper airplanes.



# Active Play Together



- Host a tea party.
- Make bubble mix and blow bubbles.
- Create an obstacle course.
- Baking/cooking.
- Play hide-and-seek.
- Draw on their tummy with your finger.
- Card games e.g. animal snap.
- Do gardening or wash the car.
- Story time and made up stories.
- Dress ups.
- Pillow slip surprise - they guess what you put inside.
- Take a container outside and fill it with natural 'treasures'. Nature bangles - make a cardboard bracelet with outward facing sticky tape. They stick nature 'treasures' to it.
- Create a treasure hunt.
- Turn on music and get dancing.
- Do a pillowslip or novelty race.
- Check the letterbox after smuggling in a note.
- Pillowslip racing.
- Pretend play e.g. bedtime, antartica, in space.
- Throw feathers up and try and keep them in the air.
- Puppet shows! Use socks if you don't have anything.
- Build towers! Use blocks, plastics, boxes ... whatever!
- 'Rough and tumble'

- Tug-o-war - pull opposite ends of a rope.
- Put on a family show.
- Do a photoshoot.
- Messy play: mud, water and playdough, fingerpaint, shaving foam, dishwash foam, stamps, playdough, flour-water paste, ice, slimey sand (equal sand, flour, salt and water).
- Face painting (1 tsp cornflour, .5 tsp water, .5 tsp cold cream, 2 drops food colouring).
- Have a water fight.
- Play hide and seek with their toys.
- Ball or balloon play e.g. catch, throwing into washing basket, ten pin bowling at home.
- Make a hopscotch game with chalk outside.
- Do some crazy races - running backwards, roly polly, balancing a potato on a spoon, spinning, whatever.
- Treasure hunt e.g. find a colour, shape, number.
- Play 'birthday' - wrap random items to unwrap.
- Have a quiet massage - they could massage you!
- Play copy cat - they must copy you.
- 5 minute 'tidy up' game using a timer
- Paint using funny objects e.g. wool, sticks, leaves, sprig of rosemary