

30 Screen-Free Toddler Activities

for when you just need ten minutes

QUICK WINS

☐ Muffin tin sorting	15 min
☐ Painter's tape roads	20 min
☐ The sticker dump	15 min
☐ The yes-drawer bin	15 min
☐ Box magic	20 min
☐ Bubbles	open-ended

SENSORY PLAY

☐ Cloud dough	30 min
☐ Dyed rice bin	30 min
☐ First-timer pasta bin	20 min
☐ Frozen toy rescue	30-45 min
☐ Oatmeal bin (littlest ones)	20 min
☐ Pom-pom drop	15 min

STICKY WALL & TAPE

☐ The sticky wall	20 min
☐ Tape rescue	15 min
☐ Window doodles	15 min

GET THE WIGGLES OUT

☐ Couch-cushion course	20 min
☐ Balloon keep-it-up	15 min
☐ Living room dance party	10 min
☐ Flashlight in the dark	15 min
☐ Laundry basket rides	15 min

PRETEND & IMAGINATION

☐ Blanket fort	25 min
☐ Sock puppets & box stage	20 min
☐ Stuffed animal doctor	20 min
☐ Pretend phone calls	10 min
☐ Real jobs that feel like play	20 min

WATER & WIND-DOWN

☐ Kitchen wash station	25 min
☐ Pom-pom fishing	15 min
☐ Afternoon bath (not bath time)	45 min
☐ Painting with water	20 min
☐ The quiet bin	20-30 min

3 little tricks that make any activity last longer

1. Stay, play, walk away.

Play it with them for two or three minutes first. Once they are truly absorbed, slip away. Those two minutes up front buy you ten on the back end.

2. Fewer toys, longer play.

Put most of the toys away and rotate them. A bin with four things holds attention longer than a floor covered in sixteen.

3. Decide where the mess lives first.

Sensory play on a towel or in the tub, water play with sleeves rolled. Set the boundary once and you stop policing it.

Stick me on the fridge. You've got this. xo, Stacey