

Screen Free Activities



Outside

Throw a frisbee or ball together

Swing your child around by their arms for fun
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Take a walk around the block with the pram

Lay on the grass and watch the clouds

Create a crawl through obstacle course

Paint with water

Make mud pies



Inside

Toddler see, toddler do (copy me)

Get containers and fill them with things around the house (e.g. put all the blue socks in this pot)

Hide and seek, playing peek-a-boo, hissing toys,
or hiding around the house

Sing nursery rhymes or your favourite song

Listen to the radio or a podcast

Make up a story using toys



Adventures (requires travel)

Do your grocery shop and talk to your child about the different food, colours, smells, and sounds

Visit the local library: borrow a book or find out when they hold baby rhyme time

Go somewhere local your child has never been before, or any new family friendly events nearby

Visit a local museum, take a picnic to enjoy together afterwards



Add in your own



Low effort (For when your exhausted)

Ask your child to bring you things that match (e.g., bring me something pink, bring me something square)

Sleeping dragons: Lie down and hide a treasure near you and then see if your kids can get the treasure without you seeing or hearing them

Have your child line up their toys in an order (could be biggest to smallest, favourite to least favourite)

Soft toy pyramid game: See how many toys your child can balance on a part of your body (arm, head, leg) you while you sit or lie down comfortably and relax

Bring a mirror into the room with you and place in front of your child for them to explore

