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5 Fun Activities for Grandparents and Preschoolers

By The Nanna Blog



Why Spending Times Together Matters

There's a special kind of magic that happens when grandparents and pre-schoolers spend time together. It's the giggles, the wide-eyed wonder, and the joy of seeing the world through little eyes again.

Whether you're a hands-on Nanna, a storytelling Poppa, or a fun-loving Gigi, here are five simple, joyful activities you can do together — no big budgets, screens, or fancy supplies required. Just imagination, love, and time.





1. Nature Treasure Hunt

There's nothing quite like the great outdoors to spark curiosity in a pre-schooler. Head to a nearby park, the backyard, or even your balcony garden and create a "Nature Treasure List" — something green, something soft, something that moves, something that sparkles.

Give your grandchild a small basket or paper bag, and set off together. Along the way, talk about textures, colours, and smells. "Can you find something bumpy?" or "Let's see how many shades of green we can spot!"

 *Tip: End your walk by creating a simple nature collage using the treasures you found — a perfect way to keep the memory.*





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2. Nanna's Art Studio

You don't need fancy art supplies — just imagination and a few household items! Cover the table with newspaper (I like to buy rolls of brown craft paper from the \$ store & use for wrapping, table covering, art projects...), bring out washable paints, crayons, or even coffee filters and old magazines.

Try easy projects like:

- Handprint dinosaurs (trace and decorate!)
- Toilet roll binoculars for pretend jungle adventures
- Homemade playdough (flour, salt, water, a dash of food colouring — magic!)

While you create, talk about what your grandchild loves — favourite animals, colours, or dreams. You'll be amazed what stories emerge while tiny hands are busy.

💡 Bonus idea: Frame their artwork in thrifted frames and hang them in a "Grandkids Gallery Wall" — kids love seeing their creations proudly displayed!





3. Little Chef Adventures

Pre-schoolers adore helping in the kitchen — and yes, it might get a little messy, but it's worth it!

Choose simple, safe recipes like:

- Fruit kebabs (colourful, healthy, and easy to skewer)
- No-bake cookies or frozen yogurt bites
- Mini sandwiches cut into fun shapes with cookie cutters

As you cook, count the ingredients together and talk about colours, tastes, and textures. You're not just baking — you're teaching math, patience, and teamwork in the most delicious way possible.



Nanna Tip: Have a special "cooking apron" for your little helper. It makes them feel like a real chef!





4. Memory Box Moments

Create a "Memory Box" — a simple shoebox or container where you keep small keepsakes from your time together: a leaf from your walk, a ticket stub, a photo, or a doodle.

Once a month, open the box together and talk about your adventures. This not only builds emotional connection but also helps preschoolers develop memory skills and language as they recall events.

💡 Optional add-on: Record short audio notes together on your phone — "Today we made cookies and got flour everywhere!" — a priceless gift to revisit years from now.





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5. Blanket Fort Storytime

There's no cosier activity than snuggling up in a homemade fort. Grab some chairs, blankets, and pillows, and let your grandchild help you build their very own reading nook. (I found our kitchen or dining room table worked well to drape a blanket over.)

Make sure to bring favourite dolls / super hero figures or stuffies to share in the fun!

Once inside, turn down the lights, grab a flashlight, and read stories in silly voices. Better yet, make up your own! Pre-schoolers love it when Nanna's the narrator and they're the hero of the story.

💡 *Twist: End the day with a quiet "fort picnic" — cookies, milk, and whispered bedtime tales.*





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In the End... It's About Connection

Whether you're painting masterpieces, baking cookies, or simply collecting rocks at the park, the real gift is time. Preschoolers don't need perfection — they need presence. The laughter, the stories, and the little moments you share are what they'll remember most.

So, grab your grandchild, roll up your sleeves, and get ready to make a little mess and a lot of memories. Because when Nanna (or Poppa!) plays, ordinary days become magical.



Barb At The Nanna Blog



Take Joy In Your Journey

