15 INSTANT TODDLER ACTIVITIES

Simple, screen-free ideas for busy mums who need 10 minutes of breathing space.



BUSY LITTLE BEARS

HOW TO USE THIS PACK

Simple ideas for real life, not perfect days!

🌈 Pick One & Get Playing

Choose one activity and get started. No complicated setup needed!

⭐ Perfect for Busy Moments

Rainy afternoons, restless toddlers and screen-free fun.

🧸 Keep It Simple

Use what you've got, repeat what works and enjoy the little moments.

Ready? Let's get Playing! ✨

Always supervise your toddler during play. Choose age-appropriate materials, keep play away from cooking hazards and supervise water activities continuously.

Quick & Easy Play Ideas

Kitchen Utensil Play

Hand your toddler a few safe kitchen items like wooden spoons, plastic bowls, or measuring cups.
Let them bang, stack, and “cook” beside you.
👉 Tip: Sit them on the floor near you while you cook for easy supervision.

Sticker Time

Give your toddler a sheet of stickers and a piece of paper (or even a cardboard box).
Let them peel and stick freely.
👉 Tip: If peeling is tricky, lift the edge slightly to help them start.

Cushion Obstacle Course

Use sofa cushions, pillows, or blankets to create a simple climbing area.
Let them jump, crawl, and balance.
👉 Tip: Keep it low and soft—no need for anything fancy.

Water Play (Quick Version)

Fill a bowl or sink with a small amount of water and add cups or spoons.
Let them pour, scoop, and splash.
👉 Tip: Lay down a towel first and relax about a little mess. Always stay within arm’s reach throughout

Dance Party

Put on music and have a mini dance session.
Jump, spin, clap—anything goes.
👉 Tip: Fast songs = quick energy burn before naps or meals.

Little Hands, Big Fun!

Toy Rotation Basket

Put a few toys away for a few days, then bring them back out.
They'll feel brand new again.
👉 Tip: You don't need new toys—just new combinations.

Book Basket Time

Gather a few favourite books and create a cozy corner.
Sit together or let them explore independently.
👉 Tip: Even 5 minutes of quiet looking counts.

Colour Treasure Hunt

Choose a colour and ask your toddler to find things around the room that match.
Let them collect a few safe toys or point to objects they spot.
👉 Tip: Start with easy colours like red or blue. Great for learning colours while keeping little ones busy!

Hide & Seek With Toys

Hide a favourite toy and give simple clues.
Let them search around the room.
👉 Tip: Start easy to keep it fun, not frustrating.

Storytelling Game

Make up a silly story together.
Let your toddler add ideas, sounds, or characters.
👉 Tip: The sillier, the better—it keeps them engaged longer

Move, Make & Imagine

Animal Walk Game
Call out animals and move like them together.
“Hop like a frog!”
“Stomp like an elephant!”
👉 Tip: Great when your toddler is full of energy indoors.

Sock Matching Game
Grab clean laundry and let your toddler match socks.
Turn it into a game instead of a chore.
👉 Tip: They feel helpful—and stay busy.

Playdough Time
Give them playdough and let them squish, roll, and explore.
No instructions needed.
👉 Tip: Add a spoon or cup for extra fun.

Cardboard Box Adventures
Grab an empty cardboard box and let your toddler's imagination take over.
Turn it into a car, a house for their favourite teddy or a special hiding place for toys.
👉 Tip: Add a few crayons so they can decorate their creation.

Teddy Bears’ Picnic
Lay a small blanket on the floor and invite your toddler's favourite teddies and soft toys to a picnic.
Give them some plastic cups, plates and pretend food, and let them serve their guests.
👉 Tip: No toy food? Use plastic bowls, spoons and empty food containers. Let their imagination do the rest!

Simple is enough. You’re doing better than you think.

Little Tricks for Easier Toddler Days

🌈 Start Small

You don’t need to try all 15 activities. Pick one that suits your toddler's mood and give it a go. Even five minutes of happy play is a win!

⭐ Repeat What Works

Toddlers love doing the same things over and over again. If something keeps them entertained today, use it again tomorrow. There's no need to reinvent playtime!

🧸 Create a Little Activity Basket

Keep a few simple things together — crayons, paper, stickers and favourite toys. Having everything ready means you can pull out an activity without lots of preparation.

🩷 Lower the Bar

Some days will still feel chaotic, and that's OK. You're not trying to create the perfect activity. You're simply finding little ways to make the day easier.

When your toddler is...	Try this
Full of energy..	Cushion Obstacle Course
Getting bored	Colour Treasure Hunt
Needing quieter play	Book Basket Time
Looking for attention	Teddy Bears’ Picnic
Restless on a rainy day	Animal Walk Game

Need a little help with everyday routines?

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