



10 Easy “Busy Kid Missions” for Home

For quite minutes just for you



About the author

I am a transformation coach specializing in helping overwhelmed mothers break free from generational patterns of self-sacrifice and step out of overwhelm to return home to themselves.

With a Master's in Psychology, 600+ hours of developmental psychology training, and certifications in coaching, art therapy, and meditation, I have supported hundreds of women over eight years.

I studied under renowned experts including Dr. Gordon Neufeld, Gabor Maté, and Bessel van der Kolk.

I am a mom of two who understands firsthand what it means to lose yourself in motherhood and find your way back home.

Anna Bohuslavska

Let's start here!

As moms, we all need some time, a quiet minute just for ourselves. To reset... To take a breath... To be... Without constant “Mom. Mom. Mom...”

Below you will find 10 easy Busy Kids missions that will keep them occupied while still feeling cared for and involved.



Before you start, take a moment to prepare.

1. **Choose a Mission.** Pick one of the 10 Busy Kids missions below that feels fun for today.
2. **Gather Materials.** Gather a few items if the mission actually needs them and if they need assistance.
3. **Set the Scene.** Give your child a task and explain the mission in an exciting way.
4. **Take a Breath.** Step back, watch them explore, and enjoy a few moments for yourself while they play.
5. **Prepare what you need to relax!**

Remember, the goal isn't perfection — it's connection, creativity, and a little breathing space for both of you.

Busy Kid Missions

1

COLOR HUNT

Challenge your child to find 10 things of the same color — for example, everything blue!

They can line them up, make a pattern, or build a “color tower.”

2

BUILD A RAINBOW

Ask them to collect objects for each color of the rainbow and lay them out. They can sort by color, size, or make a rainbow trail across the floor.

3

MINI MUSEUM

Tell them to pick a theme (toys, stones, cars, stuffed animals) and create a “museum” on the table or floor.

They can add small paper labels or sticky notes for each “exhibit.”

4

TOY STORYTIME

Give them a few toys and say each toy has a secret.

Their mission: invent a story about what the secret is and what happens next. They can draw or write the story.

5

SHAPE BUILDER

Hand them socks, LEGO, spoons, or pencils.

Challenge: make as many shapes, letters, or animals as possible using only those items.

POTION LAB



Set out a few safe ingredients: water, salt, cereal crumbs, or flour. Let them mix their own “magic potion” in cups or bowls and name it. (Tip: put everything on a tray or towel for easy cleanup.)

SPY TRAINING COURSE



They can design their own obstacle course using pillows, tape lines, or furniture. Mission: move through the “laser maze” without touching certain colors or lines.

TREASURE MAP



Tell them to hide a small item (toy, coin, or button) somewhere in the house. Then draw a treasure map with clues for someone to find it later.

CREATURE CREATOR



Invite them to draw or build a new animal using toys or paper scraps. They must name it, decide what it eats, and invent one magical power.

QUIET FORT CHALLENGE



Let them build a cozy fort or reading corner with blankets and pillows. Challenge: how long can they stay in their peaceful fort without leaving it?



Ready to Release Guilt and Reclaim Your Time?

Beautiful mama, you've just taken a step to honor yourself, and now it's time to go deeper.

Join the 5-Day Me First Moms Kickstart Challenge and:

- Break free from overwhelm and stress
- Reclaim moments just for you without guilt
- Create clarity, calm, and space to reconnect with your true self
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In just five personalized 1-on-1 sessions, I'll guide you through simple daily steps to transform your routine, mindset, and energy — so you can feel empowered, present, and joyful again.

Spots are limited, and this is your invitation to finally put yourself first.

[RESERVE YOUR SPOT HERE](#)