

INDOOR PLAY WITH YOUR TODDLER

1. Build a fort

Use blankets, pillows, and chairs to create a cozy fort where your toddler can crawl, play, and imagine.

2. Storytime

Read books together or create your own stories by using picture cards or drawing illustrations. Encourage your toddler to participate in the storytelling process.

3. Puppet show

Use puppets or make your own sock puppets to put on a puppet show for your toddler. Encourage them to participate and create their own stories.

4. Sensory play

Set up a sensory play station with activities like playdough, water play, or a tray filled with coloured rice. Offer various tools and objects for your toddler to manipulate and explore.

5. Sensory bins

Fill a large container with various materials like rice, beans, sand, or water. Add cups, spoons, and small toys for your toddler to explore and play with.

6. Arts and crafts

Engage your toddler in simple art activities like finger painting, colouring with crayons, or making collages using cut-out pictures from magazines.

7. Puzzles and shape sorters

Introduce age-appropriate puzzles and shape sorters to help your toddler develop problem-solving skills and hand-eye coordination.

8. Dance party

Put on some lively music and have a dance party with your toddler. Move and groove together, encouraging them to mimic your dance moves or create their own.

9. Indoor obstacle course

Create a mini obstacle course using pillows, cushions, tunnels, and small toys. Encourage your toddler to crawl under, climb over, or jump across the obstacles.

10. Indoor scavenger hunt

Hide toys or objects around the house and provide your toddler with clues or pictures to find them. This activity promotes exploration and problem-solving.

Remember to always supervise your toddler during playtime and ensure the activities are age-appropriate and safe.

