

Indoor Activities for Children



Infancy (Birth to 1 year old)

- Bring their stroller outside for a walk or a story.
- Lay a blanket on the grass for tummy time.
- Enjoy bubbles, listen to music and sing together, talk about what you see outside.
- Park the stroller or hold your baby so they can watch an older sibling or other children play.

For more information, visit <https://www.zerotothree.org>

Toddler (1 to 3 years old)

- Play 'I spy' (keep it simple, "I spy something blue", "I spy something that moves").
- Collect rocks or leaves, then sort them by size, color, and shape.
- Kick, roll, or toss a ball back and forth.
- Dig in the dirt (don't forget buckets, bowls, measuring cups, spoons, gardening tools, whatever you have!).
- Play with sidewalk chalk: draw pictures, trace one another's outline, and more.



For more information, visit <https://www.zerotothree.org>



Childhood (3 to 8 Years old)

- Have a dance party using their favorite song.
- Play "follow the leader" where they model your movements and behavior.
- Create an obstacle course in your own home to keep them active and entertained.
- Make homemade pizza with them.
- Have a puzzle race and/or play cards.
- Build a city with Legos or other toys.
- Have them tell you their own story.

For more information, visit <https://www.itsalwaysautumn.com>

For information about activities for older kids you can visit our Facebook page:

<https://www.facebook.com/FAPLakenheathMildenhall/photos/pcb.1573720649459076/1573720352792439/?type=3&theater>