

Screen-Free Activity Cards

Age Group: 12-18 Months

Print & cut along dotted lines - stick on your fridge!

1 Basket Treasure Hunt

12-18 Months

Materials: Basket, safe household objects

Fill a basket with safe items of different textures. Let baby explore, name each item as they pick it up.

2 Water Pouring Play

12-18 Months

Materials: Cups, bowl, towel

Set up a shallow bowl of water with small cups. Show how to pour from one cup to another.

3 Sock Matching

12-18 Months

Materials: Colorful socks

Spread out 3-4 pairs of colorful socks. Help your toddler match them together by color.

4 Stacking Tower

12-18 Months

Materials: Tupperware containers

Gather containers of different sizes. Show stacking from largest to smallest, then let them knock it down!

Screen-Free Activity Cards

Age Group: 18-24 Months

Print & cut along dotted lines - stick on your fridge!

1 Kitchen Band

18-24 Months

Materials: Pots, wooden spoons

Turn pots upside down as drums. Show different rhythms and let your toddler copy you.

2 Ball Rolling Game

18-24 Months

Materials: Soft ball, hallway

Sit facing each other in a hallway. Roll the ball back and forth, counting each roll together.

3 Nature Walk Collector

18-24 Months

Materials: Small bag, outdoor space

Walk outside and collect 5 natural items (leaf, rock, stick, flower, seed). Talk about each one.

4 Sponge Squeeze

18-24 Months

Materials: Sponge, two bowls, water

Put water in one bowl, empty the other. Show squeezing water from sponge between bowls.

Screen-Free Activity Cards

Age Group: 2-3 Years

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1 Color Scavenger Hunt

2-3 Years

Materials: None

Pick a color and walk through the house finding everything that matches. Count how many you find.

2 Play Dough Bakery

2-3 Years

Materials: Flour, salt, water, food coloring

Make simple play dough together (2 cups flour, 1 cup salt, water). Shape pretend cookies and cakes.

3 Laundry Helper

2-3 Years

Materials: Clean laundry

Let your child sort laundry by family member or color. Practice folding washcloths and small towels.

4 Obstacle Course

2-3 Years

Materials: Pillows, chairs, blankets

Build a simple course: crawl under a chair, jump over pillows, balance on a blanket line.

Screen-Free Activity Cards

Age Group: 3-4 Years

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1 Story Stones

3-4 Years

Materials: Smooth rocks, markers

Draw simple pictures on rocks (sun, tree, dog, house). Take turns picking stones to build a story.

2 Measuring Chef

3-4 Years

Materials: Measuring cups, dry ingredients

Practice measuring and pouring with rice or oats. Count scoops together, compare full vs. empty.

3 Shadow Tracing

3-4 Years

Materials: Paper, toys, sunlight

Place toys in sunlight to cast shadows on paper. Trace the shadow outlines with crayons.

4 Feelings Faces

3-4 Years

Materials: Paper plates, markers

Draw different emotions on plates (happy, sad, surprised, angry). Act out each one together.

Screen-Free Activity Cards

Age Group: 4-5 Years

Print & cut along dotted lines - stick on your fridge!

1 Recipe Reading

4-5 Years

Materials: Simple recipe, ingredients

Pick a simple snack recipe. Let your child "read" steps with picture cues and help measure ingredients.

2 Letter Detective

4-5 Years

Materials: Magazine or newspaper

Pick a letter of the day. Search through magazines and circle every time you find that letter.

3 Building Challenge

4-5 Years

Materials: Recycled boxes, tape, scissors

Challenge: build a house for a stuffed animal using only recycled materials. Plan before building.

4 Nature Journal

4-5 Years

Materials: Notebook, crayons

Go outside and observe one thing closely (flower, bug, cloud). Draw it and write one sentence about it.