

# Master List of Free Activities for Kids

- Take a walk.
- Ride bikes.
- Color with sidewalk chalk.
- "Paint" the sidewalk with water.
- Start a rock collection.
- Go on a scavenger hunt.
- Play "I Spy".
- Set up an obstacle course.
- Pick flowers (like dandelions) or grass or weeds.
- Make letters out of grass, sticks, and pinecones.
- Play with bubbles.
- Play in the sprinkler.
- Play with a bucket of water and a sponge.
- Play with a bucket of water and cups.
- Use a soapy water and a sponge to bathe toys.
- Dig in the dirt.
- Go to a farmer's market and look for colors.
- Play catch.
- Throw a frisbee.
- Have a race.
- Have a jumping contest.
- Have a picnic.
- Play Hide and Seek.
- Play Simon Says.
- Play Red Light, Green Light.
- Play Duck, Duck, Goose.
- Play bowling with a soft ball and plastic cups.
- Play dress up.
- Have a tea party.
- Make a blanket fort.
- Play with a dollhouse.
- Play with a play kitchen.
- Play pretend.
- Play store.
- Play grocery shopping.
- Play with all of the kitchen towels.
- Play with Tupperware.
- Play with Playdough.
- Give action figures a bath in the tub.
- Make a tiny toy parade.
- Use painter's tape to make a track to race cars on.
- Use tape to make letters.
- Have a dance party.
- Play instruments.
- Play with scarves.
- Turn a cardboard box into a car or spaceship.
- Turn a cardboard box into a playhouse.
- Watch and do kids yoga together.
- Put on a play.
- Put on a dance show.
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## Outside

## Games & Pretend

- Paint cardboard boxes.
- Paint on an easel.
- Paint on foil.
- Paint the bathtub.
- Paint with Q-tips or cotton balls.
- Paint using a flower as a brush.
- Paint with Dot Markers.
- Paint on coffee filters.
- Fingerpaint.
- Stamp with sponges, apples, or potatoes.
- Stamp with fingers.
- Sort pom-poms into color piles.
- Move pom-poms with a small pair of tongs.
- Make salt dough.
- Practice cutting paper.
- Practice tracing letters.
- Practice tracing hands.
- Trace a body laying down on paper.
- Play with stickers.
- Make letters or designs with stickers.
- Send a letter or picture to grandma.
- Send a letter or picture to a friend.
- Bake cookies together.
- Let the kids mash beans into hummus.
- Let the kids slice a cucumber with a kid's knife.
- Let the kids cut melon with a cookie cutter.
- Make fruit wands on paper lollipop sticks.
- Let the kids wash dishes.
- Pretend cook with real kitchen tools.
- Organize the playroom by grouping like toys together.
- Organize books by smallest to biggest.
- Clean out toys to donate ones the kids no longer use.
- Clean out clothes and try on silly outfits as you go.
- Build with blocks.
- Build with Legos.
- Build with Magna-Tiles.
- Use a sensory bin.
- Make a list of their favorite things at their current age.
- Read through their baby book.
- Finish their baby book together.
- Look through picture albums.
- Look at videos from when they were a baby.
- Facetime a loved one.
- Listen to podcasts.
- Listen to audiobooks.
- Read books together.
- Look at pictures in a magazine.
- Watch a favorite show.
- Watch a cooking show.
- Watch nature videos.
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## Arts & Crafts

## Kitchen & Misc