INDOOR PLAY MENU · AGES 18 MONTHS–3

Our Indoor Play Menu

Stuck inside? Read a few ideas out loud and let your toddler choose, or pick one from each column. Tick ideas you have tried.

Move 🏃

- ◯ Pillow path
- ◯ Dance + freeze
- ◯ Laundry basket ride
- ◯ Animal walks
- ◯ Ball in a box
- ◯ Tape line walk

Make 🖍️

- ◯ Floor mural on big paper
- ◯ Sticker on a line
- ◯ Play-dough snakes
- ◯ Bath paint
- ◯ Coloring page
- ◯ Tear and stick paper

Explore 🔍

- ◯ Pasta scoop bin
- ◯ Water + cups in sink
- ◯ Sock match
- ◯ Treasure basket
- ◯ Ice cube melt
- ◯ Flashlight hunt

Pretend + calm 🧸

- ◯ Blanket fort snacks
- ◯ Teddy picnic
- ◯ Pots-and-pans band
- ◯ Box car
- ◯ Read in a tent
- ◯ Doll bath time

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SNOW-DAY / SICK-DAY PLAN

One Simple Indoor Week

One “move” idea in the morning and one “make or explore” idea after nap is plenty. Write your picks in the boxes.

Day	Morning move	Afternoon make / explore	Calm wind-down
Mon			
Tue			
Wed			
Thu			
Fri			
Sat			
Sun			

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BIG COLORING · AGE 2+

Color the Snowman

One giant shape, super-thick lines. Tape it to the table or the floor so it doesn’t slide, and let your toddler scribble away.

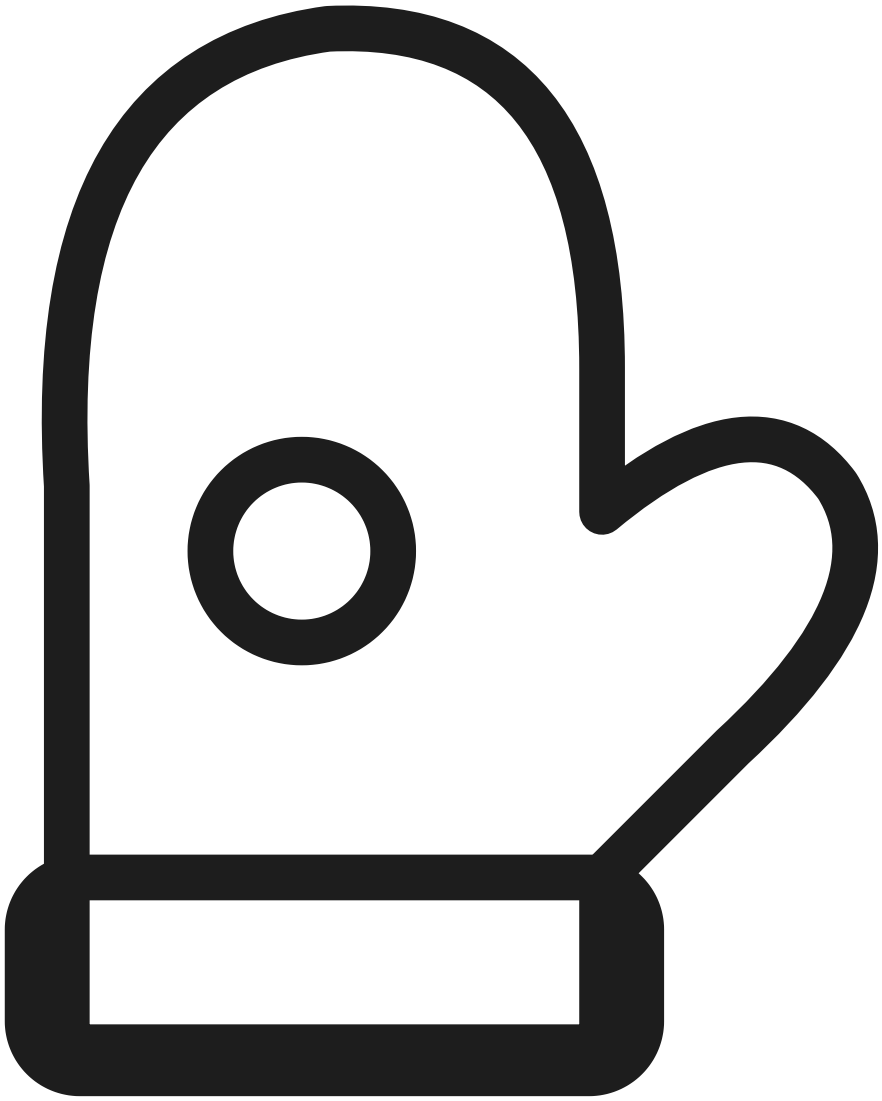


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BIG COLORING · AGE 2+

Color the Mitten

Color one mitten, then trace your toddler’s hand on the back for a matching pair.



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