

Build a tent from pillows and blankets	Have a 10-minute dance party with family members	Build an obstacle course and test it	Dress up and role-play
Go for a walk and listen to the sounds in nature	Learn how to play an instrument	Play catch with recycled paper balls	Invent a new dance and perform it
Try different yoga postures	Play bowling by using a paper ball and cup towers	Sort items by colour and size	Treasure hunt in nature or at home
Catch the bubbles	Play "commando" and encourage crawling	Play hide-and-seek	Dance to 'head, shoulders, knees and toes' song

Play Chinese whispers	Have an egg and spoon race	Practice yoga together	Imitate animal sounds
Sensory rice bin/tray	Play the floor is lava	Make a mystery box and let the child explore	Make finger paint art
Make playdough	Create a race track	Make toddler-friendly slime	Learn how to count in a different language
Make dinosaur ice eggs	Print and make origami	Treasure hunt	Make musical instruments and create a band