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

Have a picnic in the house	Help to prepare a meal	Juice fresh fruits and vegetables	Make a rainbow with rock salt and food colouring
Make a farm scene with vegetables	Bake cookies and cut it in different shapes	Make a snack plate and discuss the flavours	Cook coloured spaghetti and play
Use egg shells to grow herbs	Make lemonade	Prepare a fruit salad	Make a shopping list and treasure hunt
Role-play being at a	Bake a cake	Set up a play coffee	Make snowballs with rice and

Play Chinese whispers	Have an egg and spoon race	Practice yoga together	lmitate 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 dinosour ice eggs	Print and make origami	Treasure hunt	Make musical instruments and create a band