

FOR RAINY AFTERNOONS &amp; SNOWED-IN DAYS

# Rainy Day Activity Menu

Post on the fridge. When "I'm bored" hits, point here — not at a screen. Check the box when done. Mix and match: one quiet + one active = the sweet spot.

AGES: **Tiny 2-4** **Junior 5-7** **Explorer 8-10** Tiny activities require adult supervision. Items tagged **△** need parent nearby.

## QUIET & CREATIVE

0-5 MIN SETUP

- Draw a map of the house** 30-60 MIN  
Paper + pencil. Include secret rooms.
- Write or dictate a story** 20-45 MIN  
Ages 2-4: parent scribes; ages 5+: write it themselves.
- Sticker scene on paper** 20-40 MIN  
Any stickers. Draw a background, then place stickers.  
**△ Tiny (2-4): supervise — small stickers are a choking hazard**
- Make a comic strip** 30-60 MIN  
Fold paper into 6 panels. Character, problem, solution.
- Sort and organise a collection** 25-50 MIN  
Rocks, stickers, LEGO pieces, cards — any collection by colour/size.
- Play-dough free build** 30-60 MIN  
No instructions. Just dough and hands.  
**△ Tiny (2-4): supervise; ensure dough is taste-safe for under-3s**
- Invent an imaginary animal** 20-40 MIN  
Draw it. Name it. Write what it eats and where it sleeps.

## CRAFT & MAKE

5-10 MIN SETUP

- Toilet-roll characters** 30-50 MIN  
Markers + scraps. Animals, monsters, people.
- Watercolour resist painting** 30-50 MIN  
White crayon on white paper, then watercolour over it.  
**△ Ages 3+: supervise paints near mouth for under-3s**
- Paper airplane distance challenge** 30-50 MIN  
5 designs, measure which flies farthest. Ages 6+: iterate designs.
- Build from the recycling bin** 45-90 MIN  
Cardboard + tape only. No instructions — just a theme.

## GET MOVING

2-5 MIN SETUP

- Balloon keep-up** 20-40 MIN  
Don't let it touch the floor. Add body-part rules (elbow only!).  
**△ Tiny (2-4): supervise — burst balloon pieces are a choking hazard**
- Indoor obstacle course** 30-45 MIN  
Cushions, tape lines, hula hoops. Time it with a phone.
- Freeze dance party** 20-35 MIN  
Music plays: dance. Music stops: freeze. Ages 2+.
- Tape hopscotch on the floor** 25-45 MIN  
Painter's tape on hard floors. Won't damage surfaces.
- Build a pillow fort** 60-120 MIN  
Blankets + chairs. Read a book inside it when it's done.
- Towel-ball toss** 20-35 MIN  
Two people, each holds corners of a towel. Launch a soft ball.

## KITCHEN PROJECT

5-15 MIN SETUP

- Decorate store-bought cookies** 30-45 MIN  
Icing + sprinkles. Ages 4+.  
**△ Adult supervision required — icing can be a choking hazard for under-3s**
- Make ice cream in a bag** 30 MIN  
Heavy cream + sugar + salt + ice + bag = ice cream. Ages 5+.  
**△ Adult supervision required — shaking the bag vigorously**
- Smoothie kitchen science** 15-25 MIN  
Use only what's in the fridge. Name the creation. Ages 5+.  
**△ Adult supervision required — blender use**

### PARENT NOTE

The first 5 minutes matter most — start the activity with them, then step back. Engagement usually kicks in once they're past the starting friction. For more activity ideas: [littlesparx.com/category/screen-free-play](https://littlesparx.com/category/screen-free-play)