

20 At-Home Activity Ideas

Simple play-based ideas you can adapt to your child's interests and sensory needs.

Pick one or two to start. Keep materials simple, follow your child's lead, and adjust for sensory needs and energy level.

1	Balance line/beam Tape on the floor, or a low plank.	11	Build with recyclables Boxes, tubes, tape, imagination.
2	Shadow puppets Make simple characters and tell a story.	12	Bubble-wrap path Step, jump, and pop (supervised).
3	Water play station Cups, funnels, pour-and-splash play.	13	Nature collage Leaves, sticks, glue on paper.
4	Kitchen music jam Pots, spoons, rhythm and movement.	14	Cozy reading nook Books + props to bring stories alive.
5	Garden together Plant seeds and care for something.	15	Story cubes Roll pictures to make a story.
6	Sensory bin/box Safe textures to explore with hands.	16	Sensory walk Notice textures, smells, colours.
7	Homemade photo puzzles Cut a photo into simple pieces.	17	Shoebox mini worlds Create a tiny scene or setting.
8	DIY light box/table See-through items + soft light.	18	Cook together Simple snack prep and tasting.
9	Themed treasure hunt Use simple clues and visuals.	19	DIY obstacle course Crawl, jump, weave around.
10	Balloon tennis Turn-taking with gentle movement.	20	Role-play routines Doctor, store, restaurant, etc.

Quick reminders: Supervise as needed and choose safe materials. Offer choices, use visuals if helpful, and stop early if your child is overwhelmed.