



Rainy Day Activity Cards

25 low-prep indoor ideas for toddlers · cut out and keep in a jar · cards 1-6

1

Cardboard Box Car

Draw a steering wheel and headlights on a big box. Toddler sits in, you push.

You need: Big box, marker

2

Masking Tape Road

Tape a winding road on the floor and drive toy cars along it.

You need: Painter's tape, toy cars

3

Tape Obstacle Course

Tape lines to walk on, squares to jump in and zigzags to tiptoe.

You need: Painter's tape

4

Bubble Whisk Bin

Water + a squirt of dish soap + a whisk = a foam mountain.

You need: Bin, soap, whisk · supervise water

5

Scoop & Pour Station

Pour water between cups on a towel-lined tray.

You need: Cups, scoops, tray

6

Wash the Dishes

Plastic dishes, soapy water and a sponge. Real-life play.

You need: Plastic dishes, sponge



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7

Cushion Fort

Couch cushions + a blanket roof. Read a book inside.

You need: Cushions, blanket

8

Pillow Island Hop

Pillows on the floor are islands. Don't touch the 'water'!

You need: Pillows

9

Cushion Crash Pad

Pile cushions and let them jump or roll onto them.

You need: Cushions

10

Freeze Dance

Play music, pause it, everyone freezes. Repeat.

You need: Music

11

Ribbon Wand

Tie a short ribbon to a spoon and dance around.

You need: Ribbon under 12 in, spoon

12

Animal Walks

Walk like a bear, hop like a frog, waddle like a duck.

You need: Nothing!



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13 Post-it Note Search

Stick notes around the room and find them all.

You need: Sticky notes

14 Color Match Wall

Match colored sticky notes to toys of the same color.

You need: Sticky notes, toys

15 Window Peel-Off

Stick tape strips on a window to peel off.

You need: Painter's tape

16 Sticker Rescue

Stick stickers on a baking sheet; peel them off.

You need: Large stickers, baking sheet

17 Magnet Play

Big fridge magnets on a baking sheet. Small magnets are a swallowing hazard.

You need: Large magnets only

18 Sticker Line-Up

Draw a line; stick stickers along it.

You need: Stickers, paper



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19 Sensory Touch Board

Glue fabric, foil and sponge squares to cardboard to touch.

You need: Cardboard, scraps

20 Mess-Free Sensory Bag

Hair gel + large shapes in a zip bag, sealed and taped. Toss if it leaks.

You need: Freezer bag, tape

21 Foil Treasure Wrap

Wrap toys in foil to unwrap and discover.

You need: Foil, toys

22 Colander Tower

Thread pipe cleaners through an upside-down colander.

You need: Colander, pipe cleaners

23 Straw Drop

Drop long straw pieces into a bottle.

You need: Long straws, bottle

24 Pom-Pom Tube Drop

Tape a tube to the wall; drop big pom-poms through.

You need: Tube, big pom-poms (2y+)



Rainy Day Activity Cards

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25

Pasta Threading

Thread penne onto a pipe cleaner or shoelace.

You need: Penne, pipe cleaner (2y+)