

Exciting Quiet Activities



Building focus, self reliance and imagination!

Seek & Find Sensory Fun - Fill a shallow sensory bin with rice, pasta, water or your child's favourite item. Add puzzle pieces or small treasure items for your child to dig and discover with scoops, spoons and bowls.

Tong Transfer - Invite your child to sort figures or small toys by colour, size or type - using ONLY tongs for an extra challenge.

Cereal Sorting & Threading - Have your child sort cereal by colour and work on fine motor skills by threading onto a necklace. Tip: a little piece of tape on the end of your string makes an excellent "needle," making it easier for your child to thread the cereal on the string!

Sticker Fun - Create marks or shapes on a piece of paper and show your child how to cover them with stickers.

Contact Paper Creations - Tape down a piece of contact paper sticky side up. Show your child how paper pieces, nature items or stickers stick to the contact paper and let them take it from there.

