⏱️ NO-PREP FUN

5-Minute Toddler Activities

Boredom-buster cards — cut them out & pick one anytime!

✂️ Cut along the card edges, shuffle the deck, and let your toddler pick one! Each activity takes 5 minutes or less.

⏱️ 5 min



Sticker Sort

Give your toddler a sheet of dot stickers and let them stick them on paper — sort by color if they're ready!

Need: dot stickers + paper

⏱️ 5 min



Water Painting

Hand them a cup of water and a paintbrush. "Paint" the fence, sidewalk, or construction paper and watch it disappear!

Need: water + paintbrush

⏱️ 3 min



Sock Toss

Roll up pairs of socks into balls. Toss them into a laundry basket — move it further back each round!

Need: rolled socks + basket

⏱️ 5 min



Color Hunt

Pick a color and race around the house finding 5 things that match. "Find something RED!"

Need: just your eyes!

⏱️ 4 min



Freeze Dance

Play music and dance! When the music stops, FREEZE like a statue. Silly poses encouraged.

Need: music

⏱️ 5 min



Box Surprise

Put 5 household objects in a box. Let them reach in (no peeking!) and guess each one by touch.

Need: box + safe objects

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