

Children's Activity Planner

Low-pressure ideas for movement, language, creativity, outside time, and connection.

A light weekly mix

Choose one or two ideas, not every box. Follow the child's interest and adapt for age, ability, weather, and supervision.

Day	Movement	Language	Create / explore	Connection
Mon				
Tue				
Wed				
Thu				
Fri				
Sat				
Sun				

Idea Bank

Ordinary materials and shared attention are enough.

Movement

- ☐ Pillow path
- ☐ Walk and collect colors
- ☐ Animal walks
- ☐ Dance to two songs
- ☐ Ball roll or toss
- ☐ Water play

Language

- ☐ Name pictures
- ☐ Sing and pause for the next word
- ☐ Make up a silly rhyme
- ☐ Tell a family story
- ☐ Describe what you see outside
- ☐ Ask 'what do you notice?'

Create & explore

- ☐ Crayons and paper
- ☐ Build with boxes
- ☐ Cook together
- ☐ Sort safe household objects
- ☐ Nature collage
- ☐ Flashlight shadows

Activities are general education, not developmental testing. Stop if an activity is unsafe or frustrating, supervise appropriately, and ask a qualified professional about concerns.

What I noticed

Observe attempts, interests, communication, movement, and joy—not a score.

This week my child kept returning to...

Something new they tried...

A question I want to bring to a qualified professional...
