

# Toddler fun!



**You've forgotten what sleep is like and  
you've ran out of energy –  
but your toddler is still going...**

Toddlers are demanding – there is no way round it!

However, they can be an utter joy and being part of their young lives  
can be a privilege and an honour.

We know though that sometimes we all need a hand  
thinking of new things to do... over the following  
pages you can find some ideas of things for you  
and your toddler to do together.



**Toddler activities - ways to keep your youngster entertained...**

## Water Games

### Sink or swim

Put things in bowl full of water – see what floats what sinks. Use safe items that your toddler can pick up. Try pebbles, plastic containers, sponges.

If your youngster can't reach the sink use a plastic bowl on a towel on the floor - or even better put the bowl outside!



### Washing up

Let them help "wash" a few plastic dishes. You can use their plastic crockery and cutlery, and "wash up" after themselves or you can use your plastic cooking utensils, fish slice, egg whisk, or wooden spoons.

### Bubbles in the sink

Use an egg whisk, straws, or your hands to make bubbles in bowl of water and washing up liquid.

## Indoor fun

### Follow my leader

March up and down, jump, do silly walks - let your child follow you

### Tunnelling fun

Make a tunnel of kitchen chairs. You can put a blanket or sheet over the top to make it more fun.



### Household help

Kids love to help! You don't need any detergent - an empty mop bucket is fine! Let him mop and brush like you do. He can also follow you dusting the tables and washing the windows. Or help wash the car.



## Measure this measure that

Use a retractable measuring tape and get him to measure things round the house and garden - what is big what is small?



## Mystery Bag

Write different activities on slips of paper or card and put them into a bag (play a game, play in the sand-pit, dance, play dolls, read a book, - all the things your child loves to do.). Have your child pick from the bag to see what to do next.

## Scavenger Hunt

List items for your child to find - even better if there are more children to play. Something round, something square, something blue, something that makes noise, something that bends. The list goes on and on.....



## Bubbles

Bubbles are fun at any age!

You can make your own or buy bubble mixture from toy shops or most supermarkets. Great fun indoors or out.



## Indoor Olympics - or sports day!

You can have events such as:

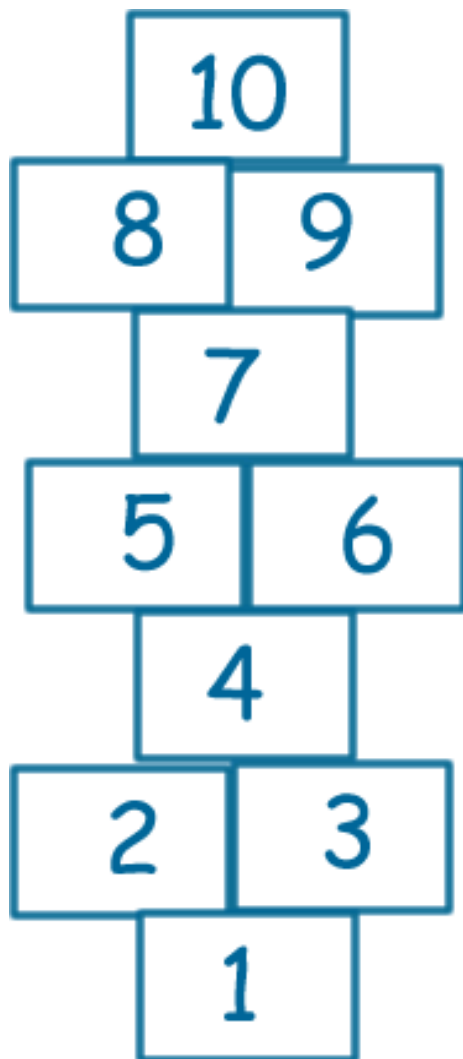
- the cotton ball throw,
- the jump, high or long!
- the stand still for as long as possible
- the marshmallow-on-a-spoon race,
- the obstacle course, using chairs to climb over or squeeze under, cushions, teddy bears

You can make medals or certificates for each child.

## Puppets

Use a hand puppet to tell a story to your child. The puppet can be part of the story, or can tell the story. You can use a puppet to say rhymes, sing songs, or even give your child instructions.

You can make a quick puppet out of a sock - just pop it on your hand - your child's imagination will do the rest!



## Indoor Toddler Hopscotch!

If you have the space and wooden floors, take some masking tape and create the hopscotch pattern right onto the floor.

Then have your toddler toss a small toy at the squares. Have her walk/jump over the squares to get to the toy and pick it up. As she is jumping on each square be sure to call out the number. Then have her bring the toy back to you and you take your turn!

The hopscotch board can be made in different patterns – the one on the left is the one we remember from school!

This is a great way to get some exercise and learn your numbers



## Toddler Fun!



### Tickle Wheel!

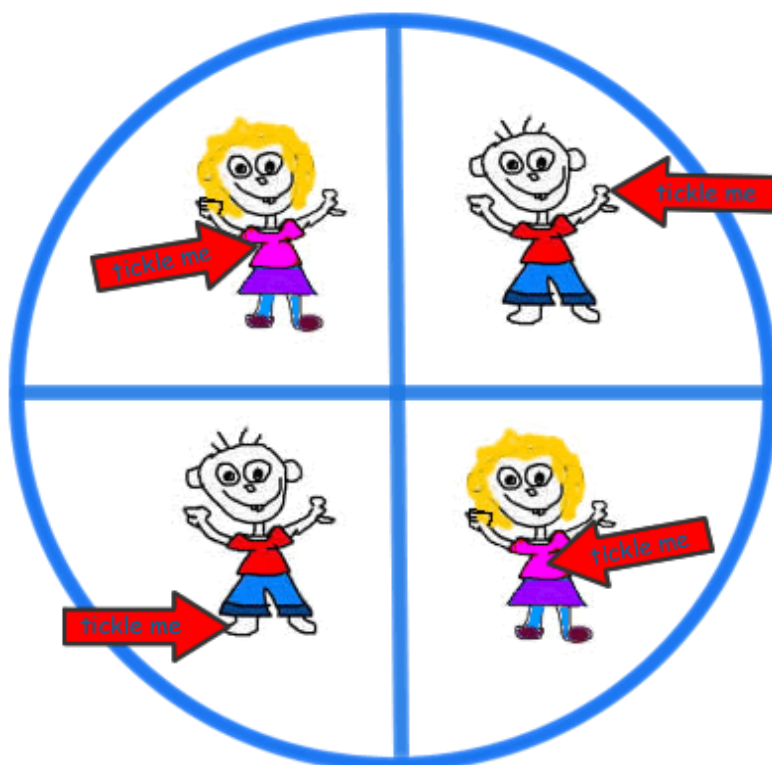
Make your own tickle wheel by looking through some magazines and cutting out pictures of kids/people and gluing them to a piece of paper.

Alternatively, you can use photos of your own child.

Have each segment as a different place to tickle, tummy, hands, arm pit, legs.

Get your child to throw a soft toy onto the wheel, where it lands – they get tickled!!

## Tickle Wheel





## Let's pretend

Pretend to be a fireperson, police officer, nurse, school teacher, pirate, spaceman.

Let your child's imagination run riot. If you have clothes they can dress up in - all the better.

## Hide and seek

Count to 10 (or more) while your toddler hides, then call out "Coming to get you!" Remember to look in different places even if you can see them!

Variations:

- You can hide their favourite toy and look for it together.
- You can hide and your youngster can look for you!



## Cardboard box fun

They say the box that a toy comes in is often the best toy!

Cardboard boxes can provide hours of fun for your little one.

Use a large cardboard box – make sure it is clean and safe - it can be a house, spaceship, school, anything.

You can paint and draw on it together to make it more realistic if you like.

## Music and songs

### Home made orchestra.

Make Drums out of saucepans and wooden spoons or make Shakers out of plastic jars half filled with rice, or beans. Your youngster could bang two saucepan lids together for Cymbals. A kitchen roll inner tube makes a great toot Horn. Make a comb Harmonica out of a clean comb with thin paper wrapped around it.

### Action songs

Action songs are always a favourite. Here are the words and actions to a few. You can buy CD's with the songs on, or sing them with your toddler:

#### Head, shoulders, knees and toes

"Heads, shoulders, knees and toes, knees and toes  
Heads, shoulders, knees and toes, knees and toes  
And eyes and ears and mouth and nose  
Heads, shoulders, knees and toes, knees and toes."

#### **Actions:**

Put your hands on the part of your body you are singing about.



#### The Hokey Cokey

You put your left arm in, your left arm out  
In out, in out, you shake it all about  
You do the Hokey Cokey and you turn  
around  
That's what it's all about

Chorus:

Whoa do the Hokey Cokey  
Whoa do the Hokey Cokey  
Whoa do the Hokey Cokey  
Knees bent, arms stretched  
Raa raa raa

#### **Verse two:**

You put your right arm in, your right arm  
out .

#### **Verse three:**

You put your left leg in, your left leg out.

#### **Verse four:**

You put your right leg in, your right leg out.

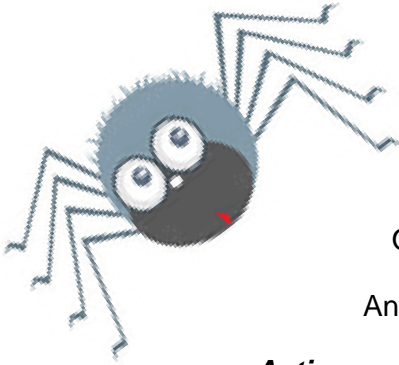
#### **Verse five:**

You put your whole self in, your whole self  
out.

Follow each verse with the chorus

#### **Actions:**

All the children stand in a circle, they follow the instructions, then on the 'woah do the hokey cokey' line they hold hands rush into the middle and back out to the circle.



## Incey Wincey Spider

Incey Wincey spider went up the waterspout  
Down came the rain and washed the spider out  
Out came the sun and dried up all the rain

And the Incey Wincey spider went up the spout again.

### **Actions:**

**1st line:** touch the tips of your right thumb and left 2nd finger together, then swivel your hands to touch the tips of your left thumb and right 2nd finger together, repeat for the whole line - this is the spider walking.

**2nd line:** with arms staring up high, sweep them down and away from you with fingers twinkling - this is the rain.

**3rd line:** sweep your hands up and out - this is the sun coming out.

**4th line:** repeat actions of first line.

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## The Farmer's in his Den

The farmer's in his den,  
the farmer's in his den.  
Ee-i, ee-i, the farmer's in  
his den.

The farmer wants a wife,  
the farmers wants a wife.  
Ee-i, ee-i, the farmer  
wants a wife.

The wife wants a child,  
the wife wants a child.  
Ee-i, ee-i, the wife wants  
a child.

The child wants a nurse,  
the child wants a nurse.  
Ee-i, ee-i, the child wants  
a nurse.

The nurse wants a dog,  
the nurse wants a dog.  
Ee-i, ee-i, the nurse  
wants a dog.

The dog wants a bone,  
the dog wants a bone.  
Ee-i, ee-i, the dog wants  
a bone.

We all pat the bone, we  
all pat the bone.  
Ee-i, ee-i, we all pat the  
bone.

### **Actions:**

The children form a circle  
holding hands. One child  
is chosen as the farmer,  
this child goes into the  
centre of the circle.

The circle of children then  
walk round the farmer  
singing the first two lines  
of the song. They then  
stop while the farmer  
chooses another child,  
this time to be the wife.



The wife then joins the  
farmer in the centre of the  
circle.

The other children  
continue the song,  
circling and stopping  
when a new child is  
chosen to be the child,  
nurse, dog and finally the  
bone.

The song ends with  
everyone gathering round  
the child chosen to be the  
bone, who they all pat  
gently.

The farmer can of course  
be a girl, in which case  
the farmer wants a  
husband.

# Toddler Fun!

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## One Finger, One Thumb

One finger, one thumb,  
keep moving  
One finger, one thumb,  
keep moving  
One finger, one thumb,  
keep moving  
And we'll all be merry and  
bright

### **Verse two:**

One finger, one thumb,  
one hand, keep moving

### **Verse three:**

One finger, one thumb,  
one arm, one leg keep  
moving

### **Verse four:**

One finger, one thumb,  
one arm, one leg, stand-  
up, keep moving

### **Verse five:**

One finger, one thumb,  
one arm, one leg, stand-

up, sit-down, keep  
moving

### **Actions:**

Wiggle the body part or  
sit-down or stand up  
during the song. Get  
faster and faster!

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## Five Little Fishies

Five little fishies, swimming in a pool

*(Wiggle five fingers)*

The first one said, "The pool is cool."

*(Show one finger, then wrap your arms  
around your body)*

The second one said, "The pool is deep."

*(Show two fingers, then your hands  
measure 'deep')*

The third one said, "I want to sleep."

*(Show three fingers, then rest your  
head on your hands)*

The fourth one said, "Let's take a dip."

*(Show four fingers, then your hands  
'dive' into water)*

The fifth one said, "I spy a ship."

*(Show five fingers, then form a scope  
with your hands to peer through)*

Fisher boat comes,

*(Form a 'V' with your fingers, then  
move your hands away from your  
body)*

Line goes kersplash

*(Pretend to throw a fishing line)*

Away the five little fishies dash

*(Wiggle five fingers away)*



## The Wheels on the Bus

The wheels on the bus go round and round  
Round and round, round and round  
The wheels on the bus go round and round  
All day long.

***(Roll your hands like wheels going round each side of you)***

The wipers on the bus go "Swish, swish, swish,  
Swish, swish, swish, swish, swish, swish"  
The wipers on the bus go "Swish, swish, swish"  
All day long.

***(Put your arms together in front of you and 'swish' like windscreen wipers)***

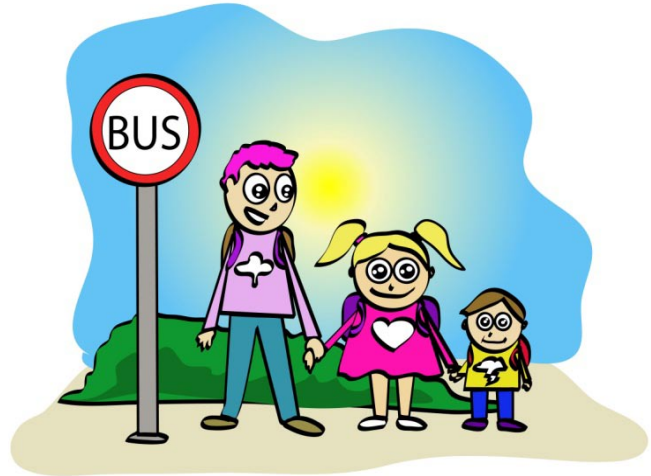
The door on the bus goes open and shut  
Open and shut, open and shut  
The door on the bus goes open and shut  
All day long.

***(Cover your eyes with your hands on 'shut' and uncover them on 'open')***

The horn on the bus goes "Beep, beep, beep  
Beep, beep, beep, beep, beep, beep"  
The horn on the bus goes "Beep, beep, beep"  
All day long.

***(Pretend to honk the horn)***

The women on the bus go "Chatter chatter chatter  
Chatter chatter chatter, Chatter chatter chatter"  
The people on the bus go "Chatter chatter chatter"  
All day long



***(Open and close your hand like a mouth chattering)***

The money on the bus goes "Clink, clink, clink,  
Clink, clink, clink, clink, clink, clink"  
The money on the bus goes "Clink, clink, clink"  
All day long.

***(Pretend to put money in the cash box on the bus)***

The baby on the bus says, "Wah, wah, wah!  
Wah, wah, wah, wah, wah, wah!"  
The baby on the bus says, "Wah, wah, wah!"  
All day long.

***(Put your hands in front of your eyes and rub them like a baby crying)***

The people on the bus say, "Shh, shh, shh,  
Shh, shh, shh, shh, shh, shh"  
The people on the bus say, "Shh, shh, shh"  
All day long.

***(Put your finger up to your mouth on the 'shhh')***

## If You're Happy and You Know It

If you're happy and you know it,  
Clap your hands

If you're happy and you know it,  
Clap your hands

If you're happy and you know it,  
And you really want to show it,  
If you're happy and you know it,  
Clap your hands.

If you're happy and you know it  
Stomp your feet  
If you're happy and you know it  
Stomp your feet

If you're happy and you know it  
And you really want to show it  
If you're happy and you know it  
Stomp your feet.

If you're happy and you know it  
Shout "Hooray!"  
If you're happy and you know it  
Shout "Hooray!"

If you're happy and you know it  
And you really want to show it  
If you're happy and you know it  
Shout "Hooray!"

If you're happy and you know it  
Do all three  
If you're happy and you know it  
Do all three

If you're happy and you know it  
And you really want to show it  
If you're happy and you know it  
Do all three.



## Pat-a-cake

Pat-a-cake, pat-a-cake,  
Baker's man!  
Bake us a cake  
As fast as you can,

***(Alternate clapping baby's hands and yours)***

Mix it and prick it

***(Pretend to stir bowl, then prick cake)***

And mark it with B

***(Make a 'B' in the air)***

And put it in the oven for baby and me.

***(Alternate clapping baby's hands and yours)***





## A Ring o' Roses

A ring, a ring o' roses,  
A pocket full of posies;

***(Children hold hands and dance around in a circle)***

Atishoo, atishoo,  
All stand still

***(Children stand still)***

The King has sent his daughter,  
To fetch a pail of water;

***(The children hold hands and dance around in a circle)***

Atishoo, Atishoo,  
All fall down.

***(The children fall to the floor, then get up for next verse)***

The bird upon the steeple,  
Sits high above the  
people;



***(The children hold hands and dance around in a circle)***

Atishoo, Atishoo,  
All kneel down.

***(The children kneel, then get up for next verse)***

The wedding bells are ringing,  
The boys and girls are singing;

***(The children hold hands and dance around in a circle)***

Atishoo, Atishoo,  
All fall down.

***(The children fall to the floor)***

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## I'm A Little Teapot

I'm a little teapot, short and stout  
Here's my handle

***(put one hand on your hip),***

Here's my spout

***(put the other arm out straight)***

When I hear the tea cups, hear me shout  
Tip me up and pour me out!

***(lean over and tip arm out like a spout)***



## **This little piggy went to market**

This little piggy went to market

*(Wiggle baby's big toe)*

This little piggy stayed home

*(Wiggle baby's second toe)*

This little piggy had roast beef

*(Wiggle baby's third toe)*

This little piggy had none

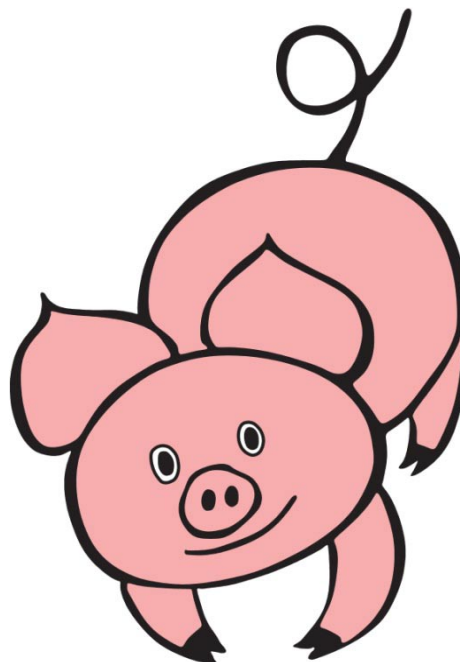
*(Wiggle baby's fourth toe)*

This little piggy cried "wee, wee, wee"

All the way home.

*(Wiggle baby's little toe, then tickle baby all over)*

**Alternative:** Substitute toes for fingers.



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## **Two Fat Gentlemen**

Two fat gentlemen met in the lane,  
Bowed most politely, bowed once again.  
How do you do? How do you do?  
How do you do again?

Two thin ladies met in the lane,  
Bowed most politely, bowed once again.  
How do you do? How do you do?  
How do you do again?

Two tall policemen met in the lane,  
Bowed most politely, bowed once again.  
How do you do? How do you do?  
How do you do again?

Two little schoolboys met in a lane,  
Bowed most politely, bowed once again.  
How do you do? How do you do?  
How do you do again?

Two little babies met in a lane,  
Bowed most politely, bowed once again.  
How do you do? How do you do?  
How do you do again?

### **Actions:**

Two fat gentlemen - thumbs  
Two thin ladies - forefingers  
Two tall policemen - middle fingers  
Two little school boys - ring fingers  
Two little babies - little fingers

Start with your thumbs held up, facing each other so that they can bend towards each other to bow.

Bow, twice and then alternately when you say 'How do you do?' and then together again for the last line.

Repeat using your other fingers.

## Cooking



### Edible Aquarium

You will need:

- clear plastic drinking cups (small to medium size)
- blue jelly mix
- crumbled biscuit crumbs ( sand-coloured biscuits are best)
- jelly fish
- long toothpick or other thin stick-like utensil

Place a thin layer of biscuit crumbs on the bottom of the glass, giving the illusion of sand on the bottom. Mix the jelly and pour into the cup, leaving about 1cm at the top. Refrigerate until just barely set, but still liquid (check often). Then, take jelly fish and using the toothpick or other utensil, push them down into the cup (don't worry about bubbles, as any bubbles become "air!") Finish letting the jelly set.



icing sugar on the work surface and empty the paste onto this.

Add 3 - 4 drops of peppermint essence and gently knead until you have a smooth paste. Have a taste of a small piece and if the flavour is not strong enough, add a few more drops of peppermint essence.

Sprinkle icing sugar over a rolling pin to prevent sticking, and roll the paste to a quarter of an inch (0.5cm) thick. Cut out individual peppermint creams with a cutter, or knife.

Cover a plate with non-stick parchment or greaseproof paper and place the peppermint creams on the paper. Cover with a clean tea towel and leave overnight in a cool place (but not the fridge). Store in an airtight tin.

***NB. Never use peppermint TEA or peppermint OIL with babies and young children. The strong menthol can cause asphyxiation.***

### Peppermint creams

You will need:

- White from one large egg or two small eggs
- 8 oz icing sugar
- Small amount of peppermint essence
- Food colouring (optional)

Beat the egg white in a bowl with a fork and sieve in 6oz of the icing sugar. Mix well with a wooden spoon and then sieve in more icing sugar, a little at a time, until you have made a stiff paste. Shake a little

## Fruit Kebabs

Cut fruit (apples, bananas, melons, strawberries, and pineapple) into bite-sized chunks and slices. Then the children can make fun shapes by cutting the fruit with cookie cutters. Then put the pieces of fruit on to skewers - these can be plastic drinking straws if children are doing it.

Alternatives:

- Put them in the freezer & eat them frozen.
- Add drizzled chocolate over them.

## Crispy crackles

You will need:

- 3oz (85g) margarine or butter
- 2 tablespoons of golden syrup
- 4oz (115g) milk chocolate
- 3oz (85g) Corn Flakes, or other crispy cereal
- paper cases

Put the butter, syrup and chocolate into a saucepan and heat gently until it has all melted.

Take off the heat and cool a little so your youngster can help. Transfer the mix to a cool bowl then stir in Corn Flakes until evenly coated.

Spoon the Corn Flake mixture in to paper cases and leave to set.

Alternative:

Add raisins when you add the Corn Flakes.

Or as another alternative you can try Easter Nests...

## Easter nests

Crunch up a shredded wheat (the nest) follow the recipe for crispy crackles, then add some mini chocolate eggs to the top. There you have your own Easter nests.



## Cheesy Dip

What you need:

- A tub of low-fat cream cheese
- Apple chunks
- Breadsticks
- Carrot sticks
- Celery

Put the cheese into a microwavable bowl and heat on a low setting until it's soft and runny. Use as a dip for the fruit, vegetable and bread sticks. (Make sure you do not heat the cheese too much, and stir it well so there are no "hot spots".)



## Smiley Toasties

What you need:

- Wholemeal bread
- Grated cheese
- Tomato ketchup

Lightly toast the bread on each side.  
Cover one side with grated cheese, and

draw a smiley face in tomato ketchup. Pop it back under the grill for a minute or so to allow the cheese to melt and bubble.

***NB: Young children can use full fat cheeses in their snacks, as children get older, you can introduce lower fat versions into their diet.***

## Crafty two's

### Painting

OK so painting can be messy, but it is a whole load of fun. Put newspaper down to cover your floor, and your table, put your youngster (and yourself) in old clothes, and hey-presto you are ready to get messy!

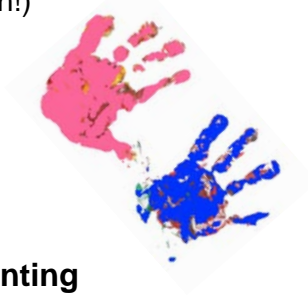
### Finger-paint



Making sure you are using paint that washes off your child! Paint his fingers in different colours then let him press them down on the paper to make hand prints. Or just let him dip his fingers into the paint and draw straight onto the paper with them!

### Foot painting

The same as finger painting, but your child can walk around the paper (make sure it is big enough!)



### Blow painting

Blob some quite runny paint onto your piece of paper, then using a drinking straw, blow the blobs so they "run" into patterns.

### Pattern painting

Dip combs, potatoes cut in half, sponges, old empty cotton reels, into paint and dab them onto the paper.

## String painting

Dip string pieces in different colour thinned poster paint. Fold a piece of paper or card in half. Open it out and on one half curl a piece of string into patterns. Fold the paper back over and press down. When you open the paper up and carefully remove the string – you have a beautiful mirror image pattern.



## Mini-sandbox

Put a layer of sand into a box the size of a banana box. Add trucks and cars, and your youngster can have their own sand races.

## Food necklaces

All you need is a length of wool with masking tape on the end, and any cereal or raw pasta with holes. Loop them on until you have enough for a necklace, then tie the ends securely.



## Outdoor fun



## Home Made Kite

First, tie together the handles of a plastic shopping bag with the end of a ball of string. Staple a few 2-foot lengths of ribbon to the bottom of the bag for kite tails.

Now find a windy spot outdoors and start running. As the bag fills with air, slowly let out the string and the kite should begin to soar and dive.



## Rainy Day Painting

On a rainy day put a few lines or circles of different colours of paint onto a big poster board. Set it outside and have the kids watch what the rain does to the paint. After a few minutes (depending how hard it is raining out) bring the poster board back inside and ask your children to tell you what pictures they can find in the painting.

## Chalk people

Lay down and outline your toddler then colour her clothes back on. You can do each other, or shadows, or toys.

You can also draw people, animals household things freehand onto the ground.

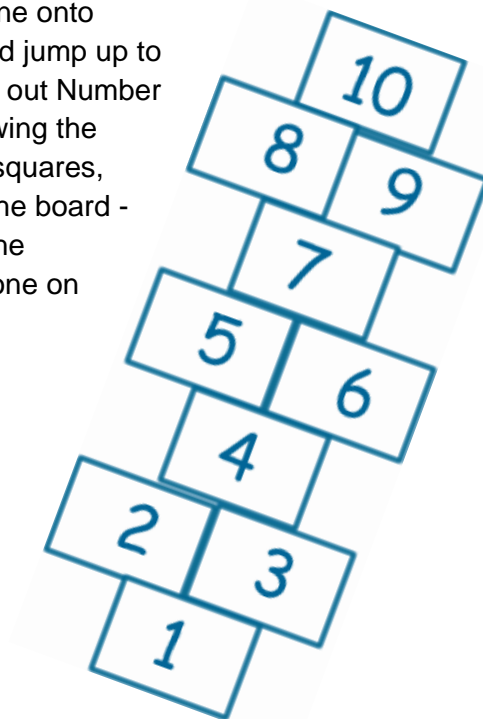


## Hopscotch

The traditional game of hopscotch has been played in playgrounds for generations by children of all ages. Draw out your hopscotch board onto the ground using chalk. Next roll a small stone onto Number 1 square, jump over Number 1 square and land with a foot each on Number 2 and on Number 3, hop and jump all the way to Number 8, jump round, then hop and jump back and jump over Number 1 square.



Next throw the stone onto Number 2. Hop and jump up to number 8, missing out Number 2, repeat this throwing the stone onto all the squares, hop and jump up the board - never landing on the square with the stone on it.



## Sandpit fun

Hide stones, shells, toy cars in the sand, - ask your child to see what he can find.

Make sandcastles, you can use boxes, tubs, buckets anything that you can fill with sand and empty out.



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### Outdoor fun

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**Note.** These are ideas only. Always choose an activity that is safe for you and your child. Make sure you have taken all reasonable precautions to avoid accidents. Choose an activity that is appropriate for your child's age and developmental stage. Onlinemum takes no responsibility or liability for content or any inaccuracies contained in this document.