



7 Days of  
PLAY

[UmmiandKids.com](http://UmmiandKids.com)

# Introduction

We all need a little time to do work at home without our kids bugging us all the time. Maybe you already feel guilty for giving them the device longer than you know what's good for them. So here are seven easy activities that you can set up for kids to encourage free play!

## Why did I choose these activities?

- Easy to set up
- Readily available materials
- Activities are open-ended
- Encourages free play
- Suitable even for younger kids
- Easy, your kids can do independently
- Can be done over and over again

## You don't need a ton of ideas!

Truth of the matter is, you do not need a ton of ideas. What you need is execution. Get those materials and just do it with your kids!

Do these activities one day at a time and when you are done with all seven? You can always do it again with them. Your kids wouldn't mind and they probably love playing it again and again.

## How to encourage free play?

You can simply sit and watch them, or you may even play with them. However, let them lead the play whenever you can.

**Ready to start? Let's grab the supplies!**

# Materials

Tray/Baking Sheet

Containers

Toys (cars, animals, waterproof toys)

Things from the nature (sticks, leaves, rocks, flowers  
etc.)

Ice Cream Sticks

Dropper/Spoon.

Cups

Towels

Brush/Sponge

Soap

Playdough

Watercolour paint

Tape

Uncooked pasta

Cook ware (pots and pans)

# Day 1: Melt the Ice Sensory Play



## Materials:

- Tray
- Containers
- Water
- Things to freeze (e.g. plastic toys, flowers, stones)
- Dropper/Spoon/cups

## How?

Get a few containers, fill them up with water and things that you want to freeze such as small plastic toys, flowers or whatever you have at home. Freeze it overnight.

Put the frozen items on a tray. You can fill the whole tray with water or prepare a small container of water with a spoon or dropper for them to pour over the frozen items.

## Day 2: Building Bridges with craft sticks



### Materials:

- Ice cream sticks
- Cups
- Small toys (such as cars, miniature toy figurines)

### How?

Show your child how to build a bridge by lining up two cups and putting ice cream sticks on the cups to make a bridge.

Encourage imaginative play by using small toy figurines and toy vehicles.

## Day 3: Toy Wash Shop



Source: [Whatwedoallday](#)

### Materials:

- Deep tray/ Large container
- Towels
- Brush/ Sponge
- Soap
- Waterproof toys (such as cars, plastic toys)

### How?

- Lay out a large towel, place a tray filled with water, and prepare some toys and a small brush or sponge. You may add soap to the water for some bubbly fun.
- Invite your child to an imaginative play where they can pretend to have a toy wash shop.

## Day 4: Nature play with play dough



Source: [Beafunmum](#)

### Materials:

- Things from nature (e.g. Leaves, sticks, stones, flowers)
- Playdough

### How?

- Bring your child out for a walk to collect loose items from the outdoors such as sticks, stones, leaves etc. (You can always wash it later if you worry about hygiene).
- Lay the items they have found in a tray, along with clay or playdough and invite your child to explore the materials.

### No playdough?

Here are [53 Play dough recipes](#) you can try

## Day 5: Painting on Ice



Source: [Teaching2and3yearolds](#)

### Materials:

- Tray
- Watercolour paint
- brush
- Frozen block

### How?

- Fill a container with water and freeze overnight. To set up, place the frozen block on a tray, along with watercolour paint and brush.



## Day 6: Mini water Play



### Materials:

- Baby bath tub/ Large container
- Cups
- Water
- Towel

### How?

Place a towel underneath the tub. Fill the tub with water, add some cup and containers.

\*Tip: Don't fill the tub with too much water if you are doing this indoors.

## Day 7: Cooking Pasta Sensory Play



Source: [expatfamilyq8](#)

### Materials:

- Tray
- Uncooked pasta
- Containers
- Spoon
- Or cooking utensils(e.g. Pots, pans, spoons, bowl)

### How?

- Place the pasta in the tray and lay out the cooking utensils or containers. Invite your child to explore.