



**bibic**

## Activity Box

An activity box is a fantastic idea for children and can help their development in a number of different areas. It will help increase a child's level of **independence**, develop their **planning and organising skills**, and encourage them to **try new things**.



Create a box with your child which will be known as the 'activity box', then fill the box with cards of activities so that your child can pick one out when they are feeling bored. A good idea is to colour code the cards depending on how much time the activity will take. For example, using blue cards for 10 minute activities, pink cards for 30 minute activities, and yellow cards for activities over an hour. Each of the cards must have clear

step by step instructions on how to do the activity so your child can plan and organise it themselves without adult support.

Here are some activity suggestions, however these should be adjusted so that they suit your child and their age/ interests.

Activity Ideas:

- Colouring in
- Doing a puzzle
- Making a den
- Baking
- Build a Cardboard Castle
- Dress Up
- Watch a movie
- Play a boardgame
- Build an Obstacle course
- Read a book
- Play a computer game

**Notes:**