

FREE PRINTABLE • AGES 1-4

10 HOT-DAY TODDLER ACTIVITY CARDS

Ten low-prep ideas
for hot, tired afternoons.

* PICK ONE IDEA

Start with the page
that fits your child's
age and energy.

* STAY CLOSE

Use a little water,
large intact materials,
and close supervision.

* WATCH THE HEAT

Skip outdoor play
when local heat
guidance says
to stay inside.

* KEEP IT EASY

If your child is done
after three minutes,
the activity still worked.



TryDayOut

SPONGE SQUEEZE STATION

The squeezing
usually becomes
the whole game.

18 months+ • 5-minute setup • water play

* YOU'LL NEED

Two shallow bowls,
one big clean sponge,
a towel, and a little
cool water.

* TRY IT

Put both bowls on
the towel. Show one
slow soak-and-squeeze,
then let your child
take over.

* LOW-ENERGY VERSION

Use one bowl and
squeeze the sponge
onto a patio or
bathtub wall.

* STAY CLOSE

Stay within arm's reach.
Empty the bowls as
soon as play ends.

TryDayOut



PAINTER'S- TAPE ROAD



Ages 2-4 • 5-minute setup • indoors

Do not build a whole city.
One road is plenty.

* YOU'LL NEED

Painter's tape and
two or three chunky
cars or animals.

* TRY IT

Make one loop and
one parking box on
the floor. Add a
bridge only if your
child wants more.

* LOW-ENERGY VERSION

Lay down one long
tape line and move
a single toy from
end to end.

* STAY CLOSE

Test the tape on a
hidden spot. Pick up
every loose piece
after play.



COOL CUP STACK



18 months+ • 2-minute setup • indoors

The knock-down may be the favorite part. That counts.

* YOU'LL NEED

Four to six large, unbreakable cups and a towel.

* TRY IT

Chill the cups in the fridge. Stack, nest, knock down, and rebuild them on the towel.

* LOW-ENERGY VERSION

Start with two cups and take turns putting one inside the other.

* STAY CLOSE

Use intact food-safe cups. Refrigerate them - never freeze them.



PAINT WITH WATER



The disappearing
marks make their
own repeat button.

18 months+ • 2-minute setup • shaded outdoors

* YOU'LL NEED

One wide brush, a small
cup of water, and a
cool shaded surface.

* TRY IT

Paint a line, a face,
or one enormous
circle. Watch it fade,
then make another.

* LOW-ENERGY VERSION

Skip the brush and
make big prints with
a damp sponge.

* STAY CLOSE

Choose a cool surface,
stay in shade, and
watch for slippery
patches.

TryDayOut



COOL CLOTH UNFOLD

A small reset
for the sticky,
tired part of
the day.

💧 18 months+ • prep ahead • quiet play 💧

* YOU'LL NEED

One clean damp washcloth,
a plate, and a shallow tray.

* TRY IT

Fold the cloth and
chill it in the fridge.
Let your child pull,
unfold, fold, and
squish it on the tray.

* LOW-ENERGY VERSION

Use a room-temperature
damp cloth and
unfold it together.

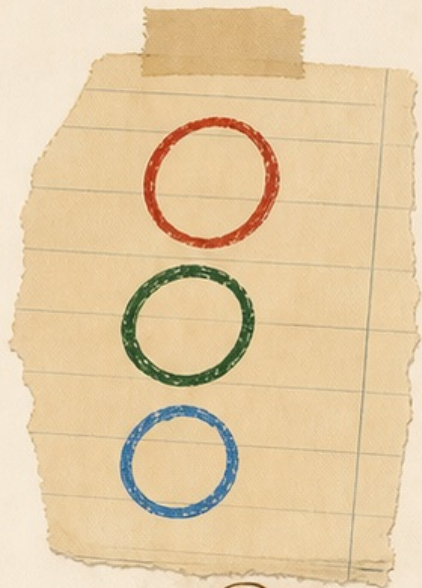
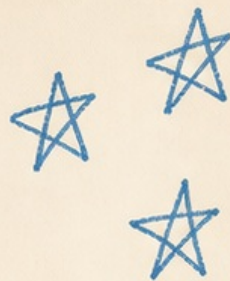
* STAY CLOSE

Check it on your wrist first.
Keep the cloth out of
your child's mouth.

TryDayOut



FIND THREE OF ONE COLOR



Ages 2-4 • no setup • gentle movement

Pointing counts. Nothing needs to be collected.

* YOU'LL NEED

Nothing extra. A sheet of colored paper can help if you have one.

* TRY IT

Name a color and find three safe things together. Stay in one room, then switch colors.

* LOW-ENERGY VERSION

Sit in one spot and point while your child looks around.

* STAY CLOSE

Leave climbing, drawers, cords, and off-limit objects out of the game.



UNDER-THE-TABLE HIDEAWAY

A fort without
rebuilding
the whole room.

Ages 1-4 • 4-minute setup • indoors

* YOU'LL NEED

A sturdy cleared table, one light sheet, two pillows, and a big soft ball.

* TRY IT

Drape only the tabletop edge so two sides stay open. Crawl through or roll the ball underneath.

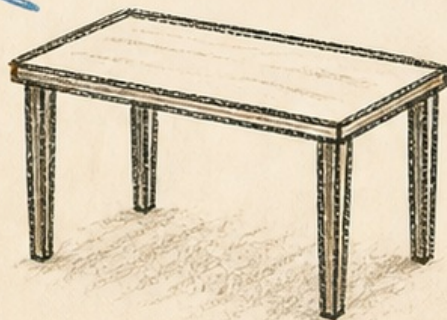
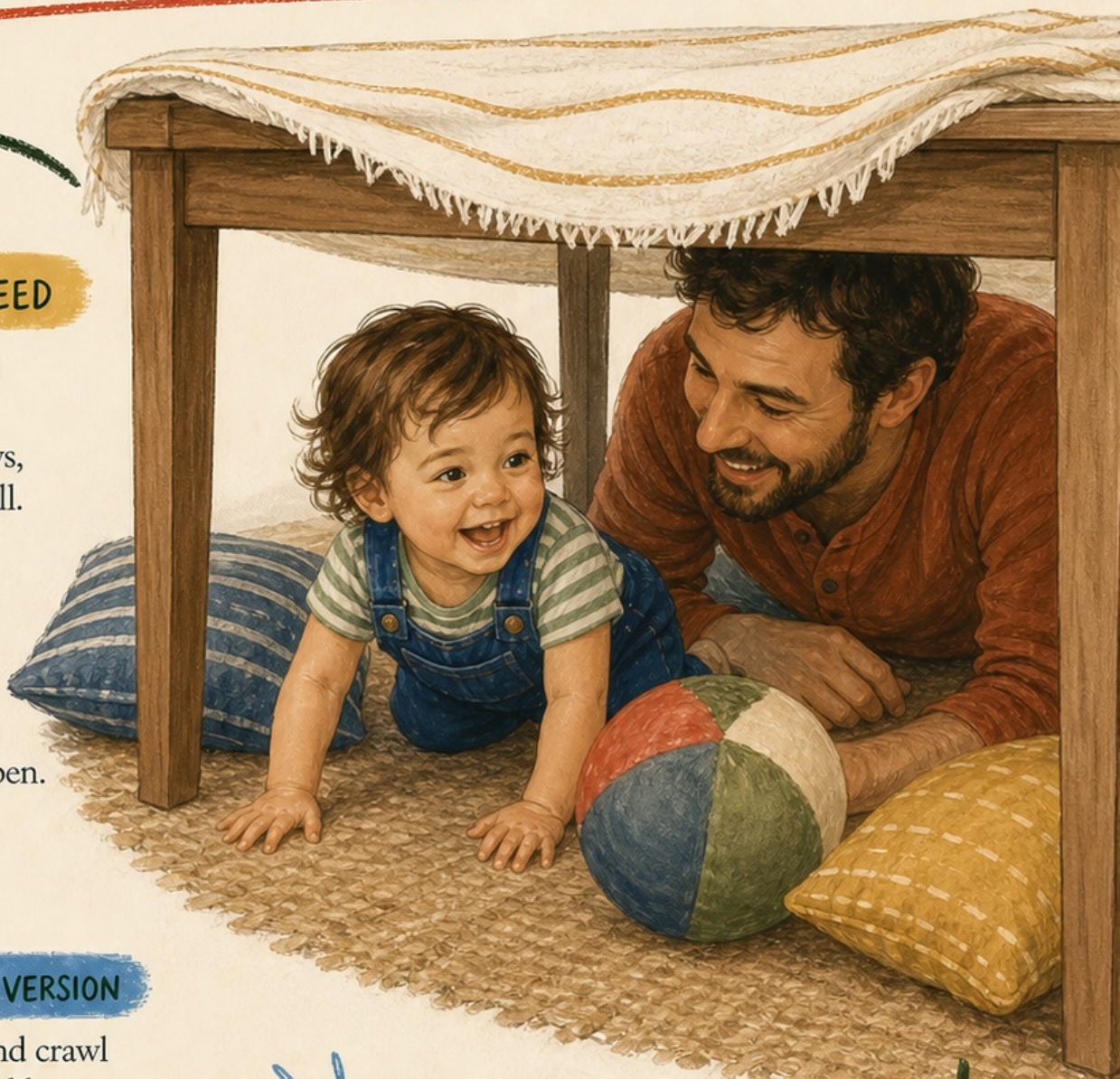
* LOW-ENERGY VERSION

Skip the sheet and crawl under the clear table together.

* STAY CLOSE

Keep two exits open, clear the tabletop, and supervise the whole time.

TryDayOut



THREE-SONG DANCE-DOWN

Ages 1-4 • no setup • high energy

Start lively. Finish
slower than you started.

* YOU'LL NEED

Three familiar songs
and one clear patch
of floor.

* TRY IT

Dance big for one
song, copy simple
moves for the next,
then sway and
stretch for the last.

* LOW-ENERGY VERSION

Dance while seated
and copy only hand
and shoulder
movements.

* STAY CLOSE

Clear trip hazards first.
Pause for water
when the music stops.

TryDayOut



TRACE A MORNING SHADOW

Ages 3-4 • 5-minute setup • early outdoors

Take the drawing
inside when the
patio starts to
warm up.

* YOU'LL NEED

Large paper, chunky
crayons, and one
favorite sturdy toy.

* TRY IT

Set the toy where
it casts a clear
shadow. Trace the
edge together,
then decorate it
indoors.

* LOW-ENERGY VERSION

Trace one easy shape
and finish the picture
at the table.

* STAY CLOSE

Go early, use shade
when possible, and
head in before
surfaces get hot.

TryDayOut



WASH THE BATH TOYS

18 months+ • 5-minute setup • water play

A chore-sized game
with a clear ending.

* YOU'LL NEED

A shallow bin, a little water, a washcloth, a towel, and three bath toys.

* TRY IT

Wipe, rinse, line up, and dry the toys. Add one easy job: wash the biggest one.

* LOW-ENERGY VERSION

Use a damp cloth on a towel and skip the water bin.

* STAY CLOSE

Stay within arm's reach. Empty every drop of water when play ends.



RINSE

LINE UP

DRY

