

40 Activities for 1-Year-Olds

Ages 12-24 months | Check an idea when you try it. Repeat the easy wins and let the flops go.

HOW TO USE IT

Start with your child's current month, circle or check three ideas, and choose one at a time.

Month labels organize the list. They are not milestones, requirements, or a schedule you have to follow.

12 MONTHS

- ☐ 1. Stack-and-crash cups
- ☐ 2. Scarf pull box
- ☐ 3. Back-and-forth ball roll

13 MONTHS

- ☐ 4. Cardboard box peekaboo
- ☐ 5. Fill-and-dump laundry basket

14 MONTHS

- ☐ 6. Floor-level cushion path
- ☐ 7. Big block drop
- ☐ 8. Family photo point-and-find

15 MONTHS

- ☐ 9. Sock basket transfer
- ☐ 10. Large lid match
- ☐ 11. Wooden-spoon drum

16 MONTHS

- ☐ 12. Painter's-tape toy rescue
- ☐ 13. Large window-cling scene
- ☐ 14. Washcloth wipe station

17 MONTHS

- ☐ 15. Sponge squeeze bowl
- ☐ 16. Warm-and-cool washcloths
- ☐ 17. Large fabric texture basket

18 MONTHS

- ☐ 18. Stuffed-animal hide-and-find
- ☐ 19. Cardboard box tunnel
- ☐ 20. Toy wash basin

19 MONTHS

- ☐ 21. Table wiping
- ☐ 22. Small water pour
- ☐ 23. Napkin reset basket

20 MONTHS

- ☐ 24. Sock pair hunt
- ☐ 25. Tape road for big vehicles
- ☐ 26. Copy-my-block build

21 MONTHS

- ☐ 27. Laundry delivery
- ☐ 28. Pillow reading nest
- ☐ 29. Under-table blanket fort

22 MONTHS

- ☐ 30. Adult-led bubble chase
- ☐ 31. Pause-and-go dance
- ☐ 32. Flashlight shadow hunt

23 MONTHS

- ☐ 33. Sidewalk water painting
- ☐ 34. Jumbo chalk road
- ☐ 35. Neighborhood color hunt

24 MONTHS

- ☐ 36. Jumbo crayon scribble
- ☐ 37. Large-knob puzzle reset
- ☐ 38. Painter's-tape tab peel
- ☐ 39. No-mess paint squish
- ☐ 40. Sponge stamp page

Pick 3 for This Week

Choose three ideas that fit your actual space, supplies, and energy. Your child can point to a response after you play.

THIS WEEK BELONGS TO

WEEK OF

1

OUR ACTIVITY

BEST TIME TO TRY

SET-UP SPOT

WHAT WE NEED

AFTER WE TRY IT

☐

Do it again

☐

Maybe later

☐

All done

2

OUR ACTIVITY

BEST TIME TO TRY

SET-UP SPOT

WHAT WE NEED

AFTER WE TRY IT

☐

Do it again

☐

Maybe later

☐

All done

3

OUR ACTIVITY

BEST TIME TO TRY

SET-UP SPOT

WHAT WE NEED

AFTER WE TRY IT

☐

Do it again

☐

Maybe later

☐

All done

OUR EASY FALLBACK

Pick one almost-no-prep option for the tired day.

My Little Play Board

Let your child point to a picture, make a jumbo-crayon mark, or simply choose with you. There is no right way to fill this page.

PICK ONE PICTURE. TRY ONE TINY PLAY IDEA. STOP WHEN YOU ARE BOTH DONE.



STACK

Build it up, then crash it.

☐ WE TRIED IT



ROLL

Roll a big soft ball together.

☐ WE TRIED IT



FIND

Look for a favorite toy or face.

☐ WE TRIED IT



WIPE

Wipe a washable surface.

☐ WE TRIED IT



POUR

Use a tiny amount of water.

☐ WE TRIED IT



DANCE

Move for one favorite song.

☐ WE TRIED IT



PAINT

Make one simple art page.

☐ WE TRIED IT



READ

Choose a board book together.

☐ WE TRIED IT



BUILD

Copy, change, or crash blocks.

☐ WE TRIED IT

GROWN-UP NOTE Keep the idea that worked. Cross out the one that did not. Both are useful information.