

Rainy-Day Activity Cards

24 toddler boredom-busters using stuff you already own

Rainy day, no-nap day, or a Tuesday that just won't quit — cut these out, keep them on the fridge, and let your kid pull a card when boredom hits. Handing over the choice ends the "I don't want to" negotiation before it starts.

How to use this pack

1. Print pages 2-3 on card stock (or regular paper). Cut along the dotted lines.
2. Color-coded corners tell you the vibe at a glance: teal = 5-minute, terracotta = energy burner, green = quiet play, gold = go outside.
3. Tap the little check box on each card on-screen, or check it with a pen after you try it — a quick way to remember what actually worked.
4. Page 4 is a print-and-play bingo. Page 5 has blank cards + a weekly picker you can type right into on your phone or laptop.

TIP · This PDF is interactive.

Open it in any PDF app and the checkboxes and blanks are tappable — no printing required if you'd rather go paperless.

The four card types



5-MIN SETUP



ENERGY BURNER



QUIET PLAY



GO OUTSIDE

Activity Cards · Set 1

Cut on the dotted lines. Color corners = the vibe. Check the box when you try one.

5-MIN SETUP

#01

Tape Road

Painter's-tape roads on the floor for toy cars.

we tried this — it worked!

5-MIN SETUP

#02

Muffin-Tin Sort

Sort pom-poms or pasta into the cups.

we tried this — it worked!

5-MIN SETUP

#03

Sticky Wall

Contact paper taped sticky-side-out + pom-poms.

we tried this — it worked!

5-MIN SETUP

#04

Sticker Dots

A sheet of paper and a roll of dot stickers.

we tried this — it worked!

5-MIN SETUP

#05

Cup Tower

Stack paper cups sky-high, then knock them down.

we tried this — it worked!

5-MIN SETUP

#06

Colander Poke

Poke pipe cleaners through a colander's holes.

we tried this — it worked!

5-MIN SETUP

#07

Water Painting

A cup of water + a brush to 'paint' the tub or tile.

we tried this — it worked!

5-MIN SETUP

#08

Ice Rescue

Freeze small toys in water; spoon them free.

we tried this — it worked!

Activity Cards · Set 2

Cut on the dotted lines. Color corners = the vibe. Check the box when you try one.

ENERGY BURNER

#09

Cushion Course

Couch cushions on the floor: jump-and-crawl path.

we tried this — it worked!

ENERGY BURNER

#10

Balloon Keep-Up

One balloon, one rule: don't let it hit the floor.

we tried this — it worked!

ENERGY BURNER

#11

Tape Hopscotch

Tape a grid; call out numbers or colors to jump to.

we tried this — it worked!

ENERGY BURNER

#12

Freeze Dance

Music on. Pause it and everybody freezes.

we tried this — it worked!

ENERGY BURNER

#13

Basket Rides

Push them around the house in a laundry basket.

we tried this — it worked!

ENERGY BURNER

#14

Animal Races

Bear crawl, bunny hop, and crab walk the hallway.

we tried this — it worked!

ENERGY BURNER

#15

Bottle Bowling

Empty water bottles + any ball = indoor bowling.

we tried this — it worked!

ENERGY BURNER

#16

Pillow Jumps

A pile of pillows to leap into from the floor.

we tried this — it worked!

Activity Cards · Set 3

Cut on the dotted lines. Color corners = the vibe. Check the box when you try one.

QUIET PLAY

#17

Busy Board

Zippers, buckles, and switches to fiddle with.

we tried this — it worked!

QUIET PLAY

#18

Sticker Book

A reusable sticker book = 15 quiet minutes.

we tried this — it worked!

QUIET PLAY

#19

Book Basket

A basket of board books beside a cozy pillow.

we tried this — it worked!

QUIET PLAY

#20

Tissue-Box Pom

Push pom-poms through an empty tissue-box slot.

we tried this — it worked!

QUIET PLAY

#21

Fridge Magnets

Magnetic tiles on the fridge while you cook.

we tried this — it worked!

QUIET PLAY

#22

Busy Bag

One quiet task in a zip bag: clothespins on a cup.

we tried this — it worked!

GO OUTSIDE

#23

Puddle Stomp

Boots on. Find the biggest puddle. Let them go.

we tried this — it worked!

GO OUTSIDE

#24

Color Hunt

Walk the block and hunt for one color at a time.

we tried this — it worked!

Rainy-Day Bingo

Do five in a row and you've officially survived the day.

Built a fort	Danced it out	Sorted something	Made a mess
Read 3 books	Balloon game	Snack picnic	Taped a road
FREE SPACE ★	Water play	Stacked cups	Went outside
Sticker time	Obstacle course	Quiet play win	Cardboard box
Sensory bin	Bubble bath	Puddle stomp	Colored/drew

Make Your Own + Weekly Picker

Type right into the blanks on-screen, or print and fill them in by hand.

Our family's own boredom-busters

Every family has a few that only work in your house. Write them here so you don't forget.

OUR IDEA #1

what it is: _____

how to set it up: _____

OUR IDEA #2

what it is: _____

how to set it up: _____

OUR IDEA #3

what it is: _____

how to set it up: _____

OUR IDEA #4

what it is: _____

how to set it up: _____

This week's picks

Pick one card per day. Check it off when it's done. That's the whole plan.

Mon _____

Tue _____

Wed _____

Thu _____

Fri _____

Sat _____

Sun _____