



21 days

activities booklet from



using household items for
kids ages 2-5



Dear Parents,

The Covid-19 has got us all to pull our hair out trying to entertain our LO's all day every day while stuck at home!

With 2 kids under 3 years old, my hands are full, and we're almost running out of materials and toys to play with! So along with the PodSquad team, I've been using simple household items to make fun play-based activities for my toddler Maya.

Cotton, buttons, pasta, atta, newspapers, cloth and lots more, our houses are filled with materials that toddlers can use for arts, crafts, and other hands-on activities.

Here are a few of my favourite materials and activities, hope you enjoy trying them out too.

We'll be adding new activities every day, so follow



podsquadbox



PodSquad



www.podsquad.in

to stay updated.

We would love for you to share your ideas and pictures of different activities - so do post them and tag @podsquadbox !

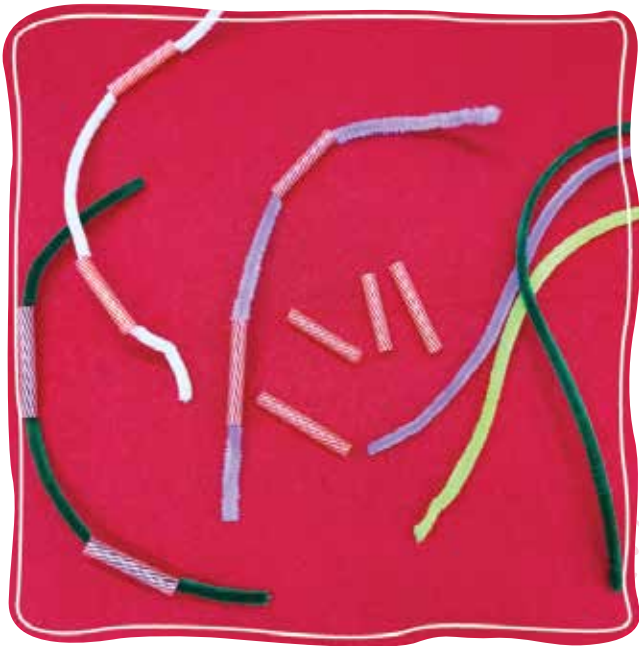
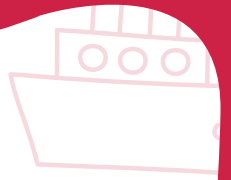
Thanks!

Abha Shah

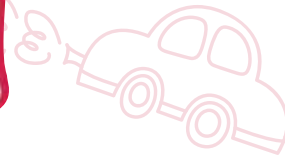
Founder - PodSquad



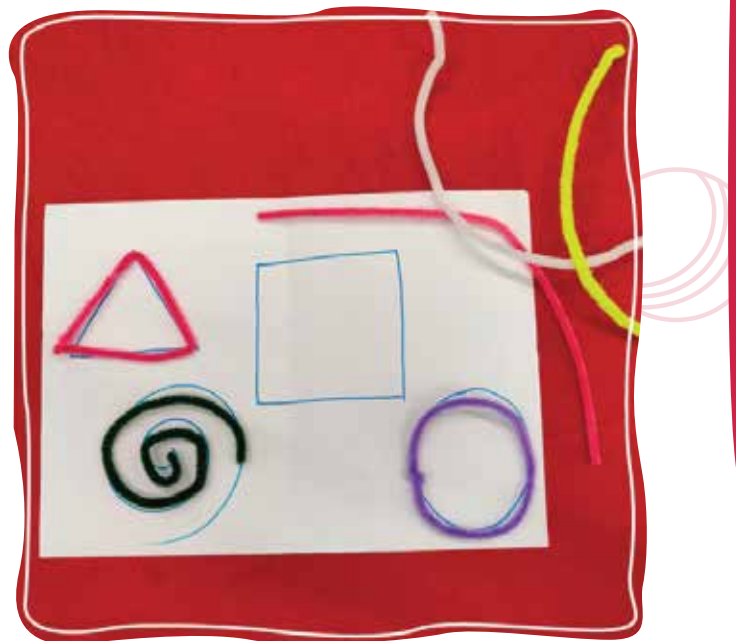
Fun with Pipe Cleaners

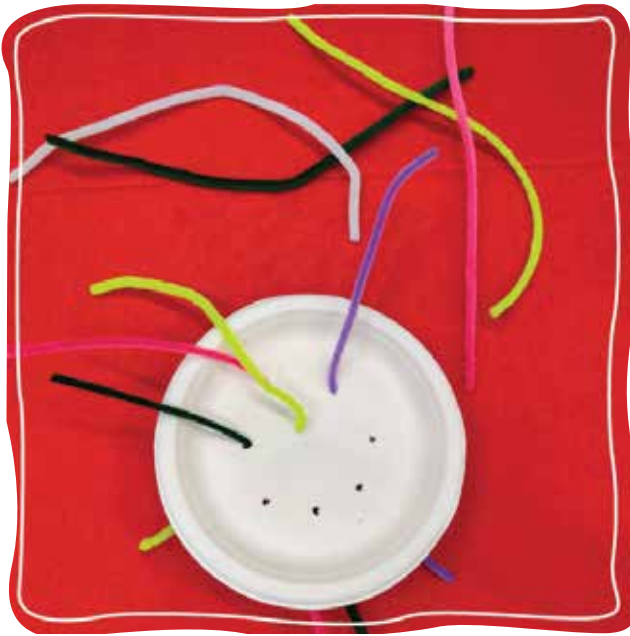


- 1 Cut up some paper straws – squeeze the pipe cleaner through them.



- 2 Draw shapes on a paper and make them using the pipe cleaner.





- 3 Make holes through a paper plate and run the pipe cleaner through them .

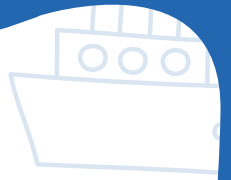
- 4 Pass the pipe cleaner through beads. Make bracelets with this.



- 5 Of course, the ever favorite finger puppets or shapes.



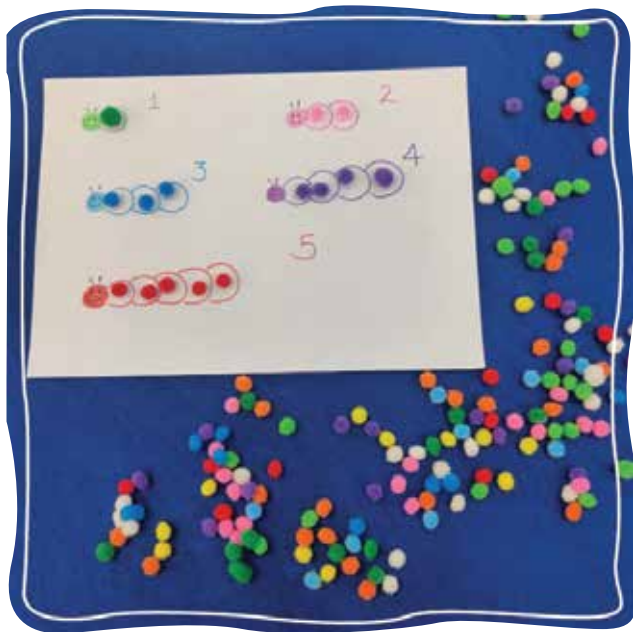
Fun with Pompom Balls



- 1 Put pom-pom balls in a tray and use cupcake liners to sort them in different colours.

- 2 Place pom-pom balls on matching colour dots.



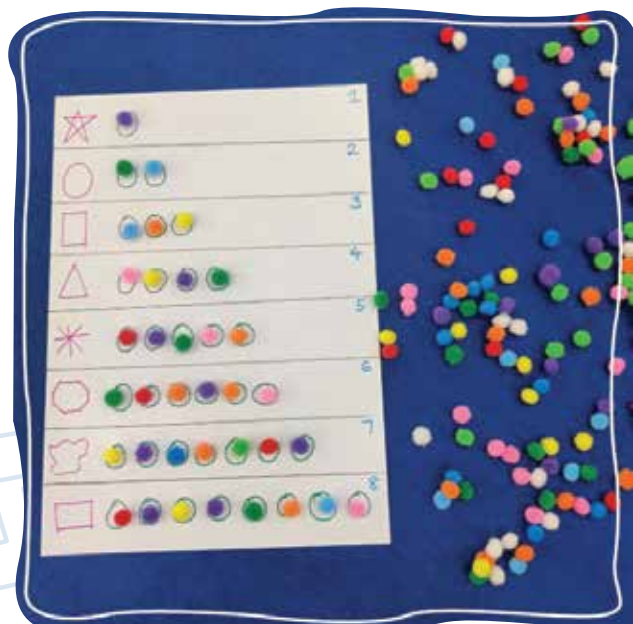


3 Count numbers by drawing caterpillars.

4 Shape matching with pom-pom balls.



5 Practice counting by placing pom-pom balls in dots.

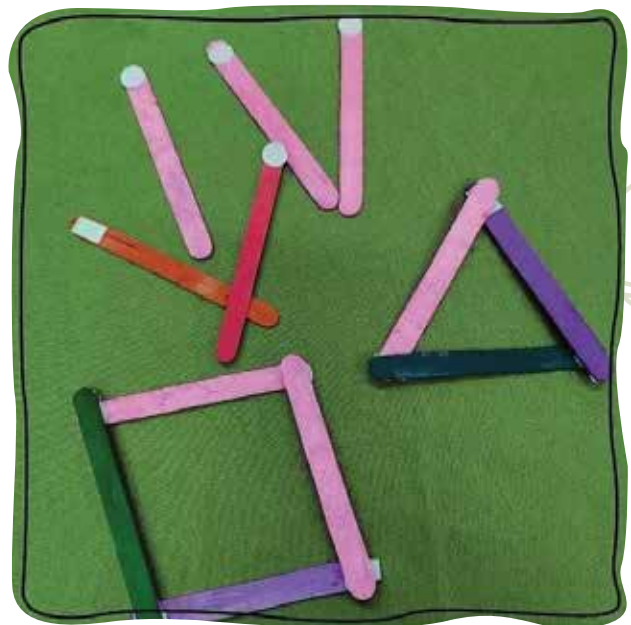


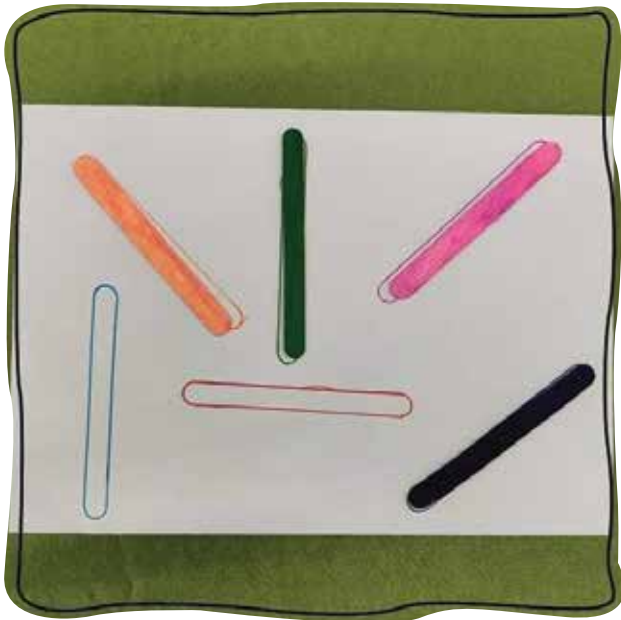
Fun with Popsicle Sticks



- 1 Alphabet recognition – copying the letters with sticks.

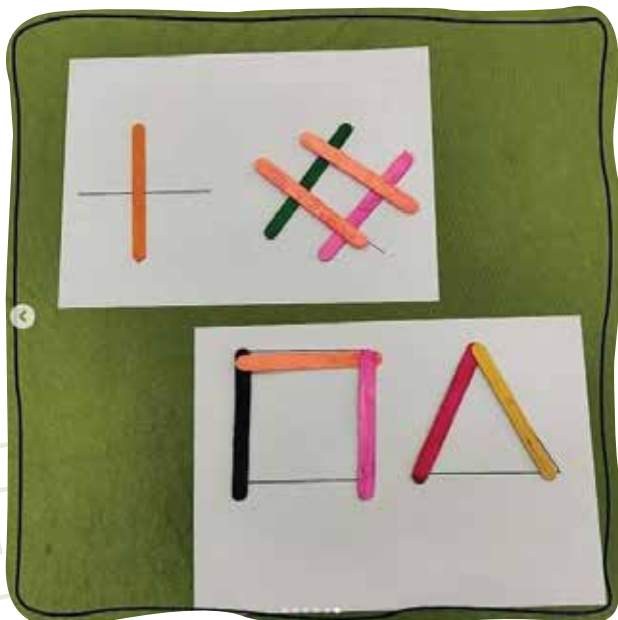
- 2 Make shapes out of the sticks, using Velcro to hold them together.





- 3 Colour matching – make stick outlines in different colours, and match the right colour to the right outline.

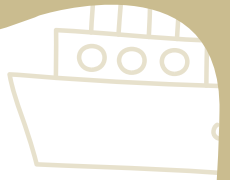
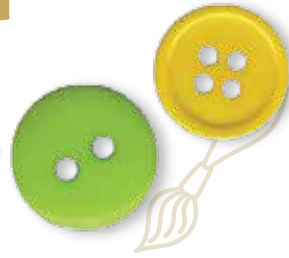
- 4 Numbers and counting – count the dots on each stick and place it into the right hold on the paper plate.



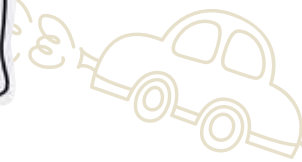
- 5 Make different shapes by placing popsicle sticks.



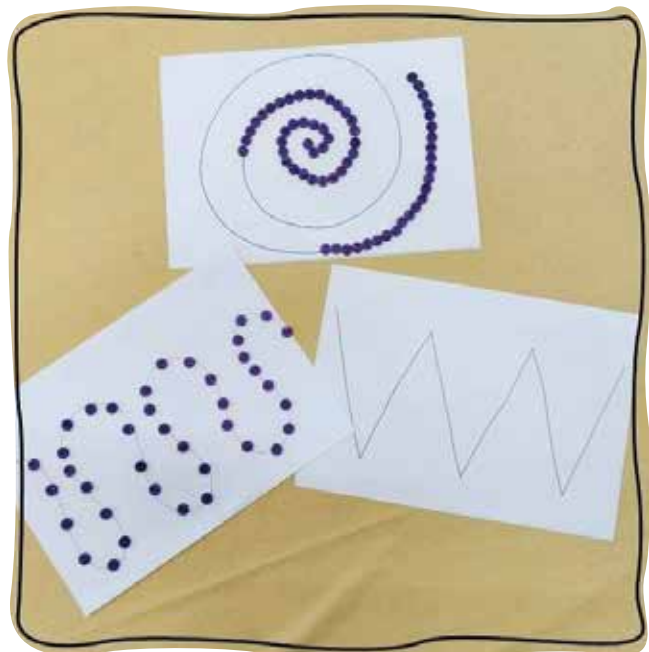
Fun with Buttons

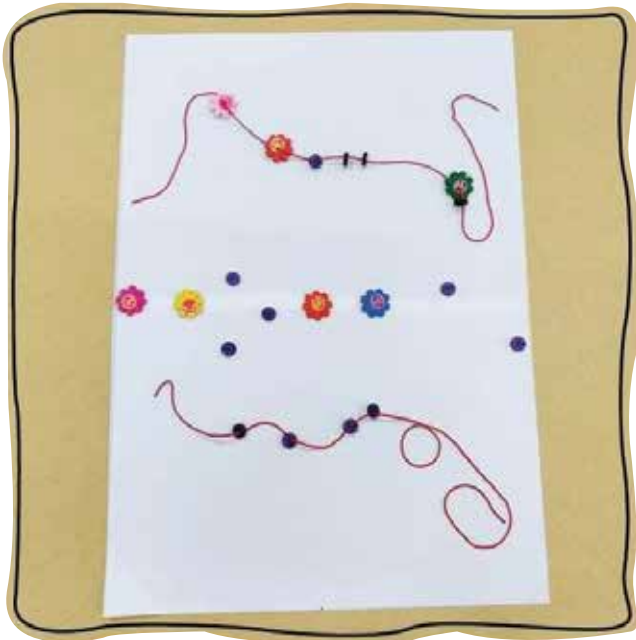


- 1 Stick some toothpicks into play-doh and drop the buttons into each.



- 2 Make different patterns on a paper, and let your LO put buttons on the outline.

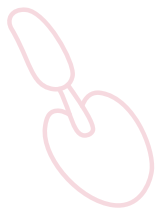
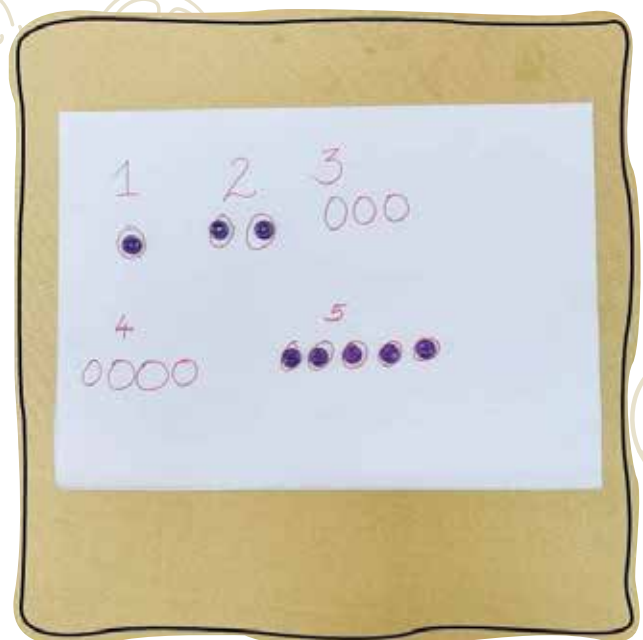




- 3 A friendship bracelet! Thread the buttons into strings of wool to make DIY jewelry.

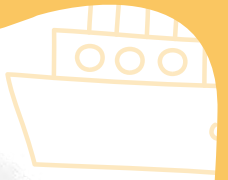


- 4 Counting fun – similar to pom poms, buttons are a great tool for counting practice like this.



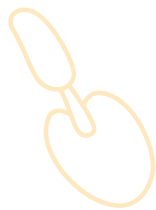


Fun with Cotton



- 1 Look at the skies and identify different types of clouds! Practice the names with cotton.

- 2 Dab and create fun scenes with cotton and paint!





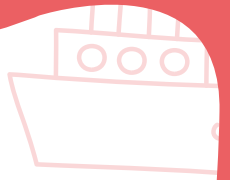
- 3 Classic cotton fun - draw outlines of sheep, penguin, bunnies and stick cotton balls on them.

- 4 Counting with cotton! Roll up some cotton and practice numbers and counting.

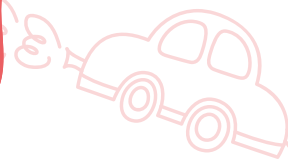




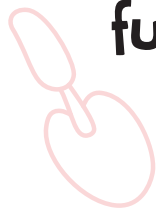
Fun with Bottle Caps

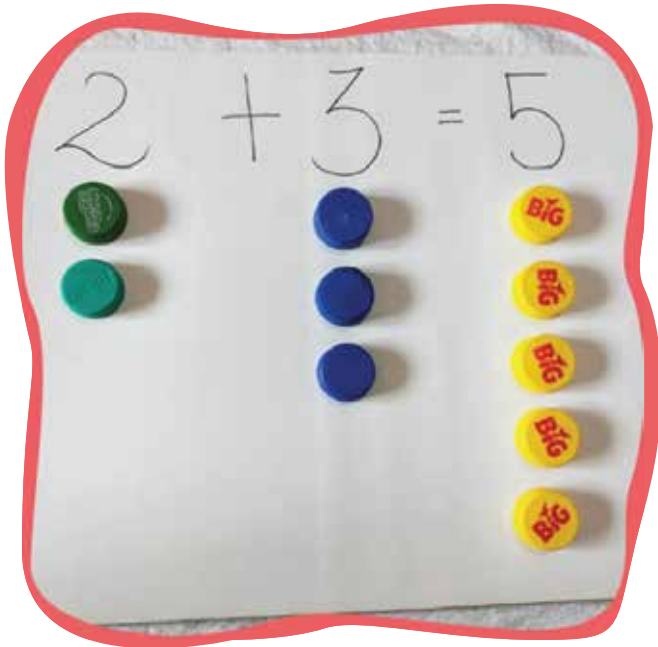


- 1 Hone counting skills with colourful bottle caps.



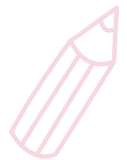
- 2 Scoop and pour out rice with bottle caps for some sensory fun.





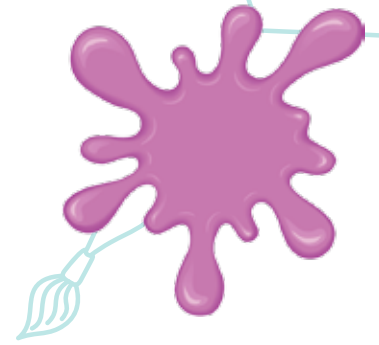
3 Practice basic addition and subtraction.

4 Match the bottle caps to their colours.





Fun with Slime



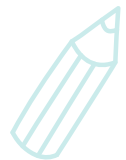
- 1 Blue glittery slimey fun!

- 2 Spooky monster slime.

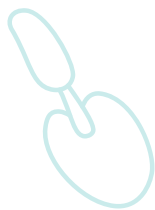




3 Fun shapes like croissant and heart from red slime.

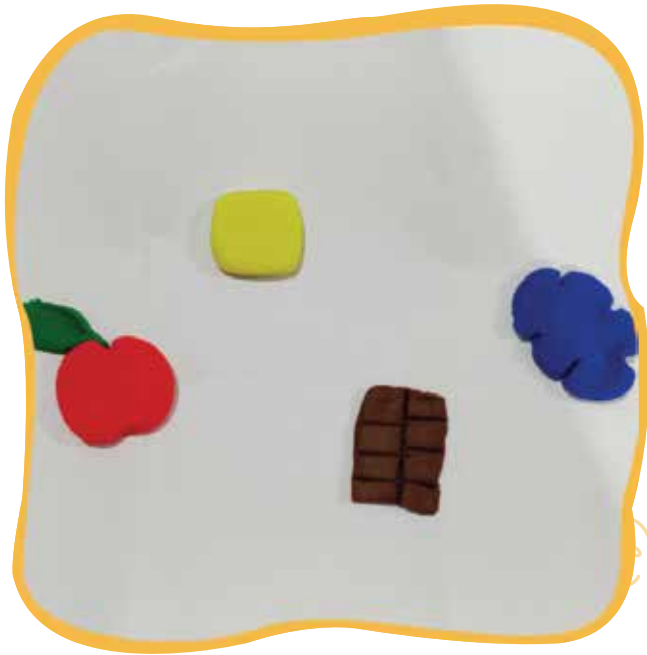
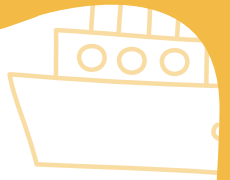


4 Golden glitter slime never goes out of fashion.

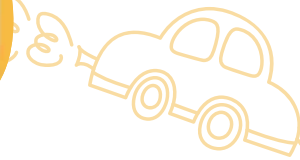




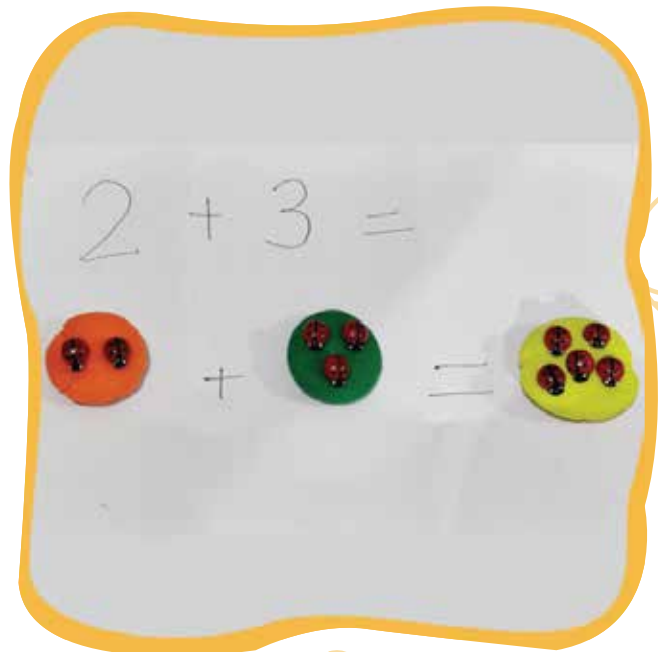
Fun with Modelling Clay

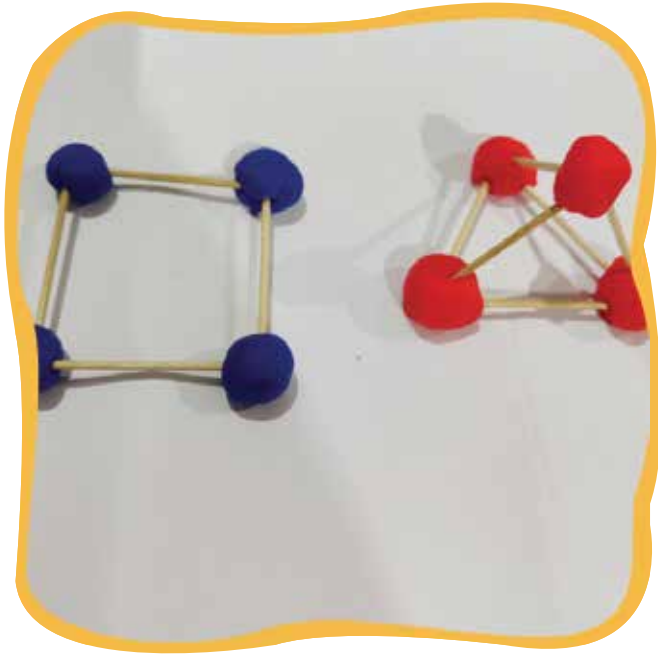
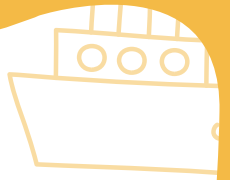


- 1 Make small shapes and build a story around them.



- 2 Practice basic addition and subtraction using beads and clay.





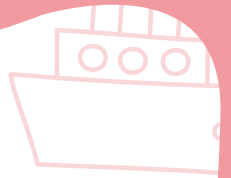
3 Making 2D and 3D shapes using toothpick and clay.

4 Roll clay into shapes of numbers and letters.

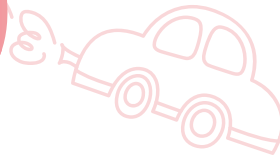




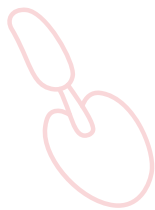
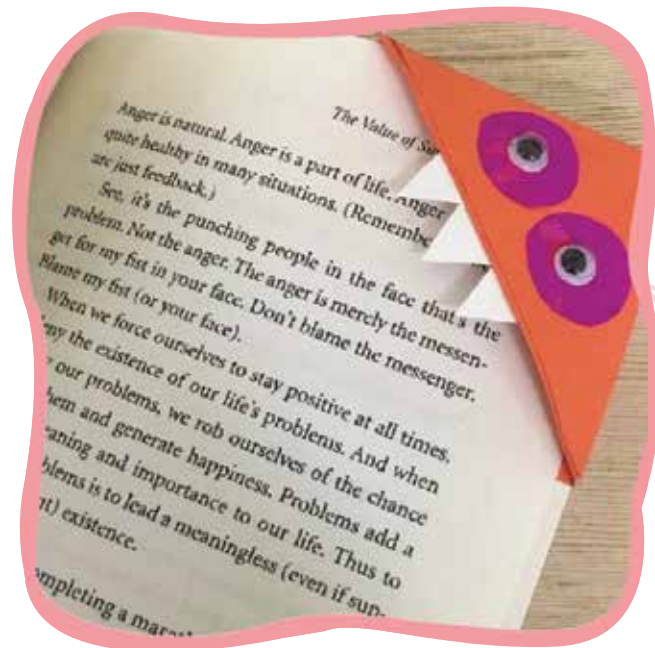
Fun Animal DIYs



- 1 Make a little bunny using paper cups. Decorate with whatever items you have at home.



- 2 Simple paper book mark with scary eyes and teeth.





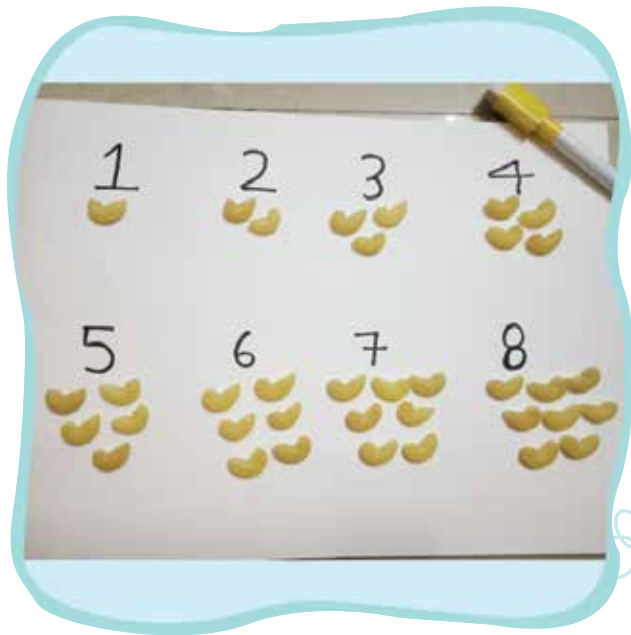
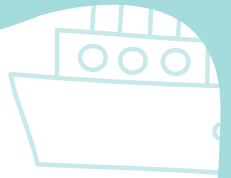
- 3 Animal shapes with ice cream sticks – again decorate and paint with items at home.

- 4 A teddy finger puppet with paper to shoo away the boredom.





Fun with Pasta



- 1 Use pasta to hone counting skills and practice simple addition/subtraction.



2 Paint pasta in different colours and pass it through a straw.





3 Trace letters and numbers using pasta.

4 A classic DIY pasta necklace is always fun to make, or you can also make a bracelet.



Boredom Boosters



- 1 Mud play - If you have plants at home, or mud in the garden, let your child enjoy some sensory fun by messing around with mud!

- 2 Using rubberband and a tin can - wrap the rubberbands around the can - very good for hand-eye coordination and motor skills.





- 3 Cut out flower shapes, colour them and put clothespin on the petals. Colour match the clothespin and the petals.

- 4 A little atta and maida – free play!



- 5 Build a fort at home with pillows, blankets, cushions, mats and any other items lying around.





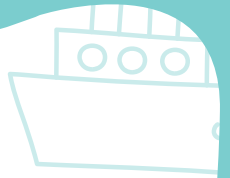
- 6 Sorting colours with candy and bowls – M&Ms, gems or any simple candy will do.

- 7 Mixing POP with water to make a paste – and setting them into different moulds which can be painted and decorated upon hardening.

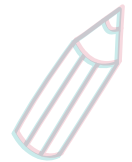


- 8 Learn shapes using cookie cutters.



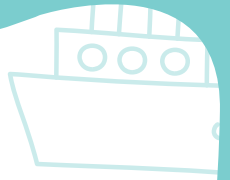


9 Tape tracks – on the floors, walls, and beyond.



10 Making different coloured ice with paint and water.





11 Learning shapes, sequencing and odd one out with blocks and masking tape.

12 Fun with baking soda and vinegar to make explosions.

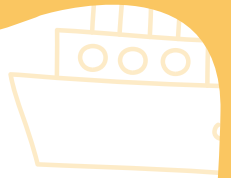




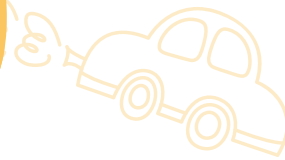
Fun with



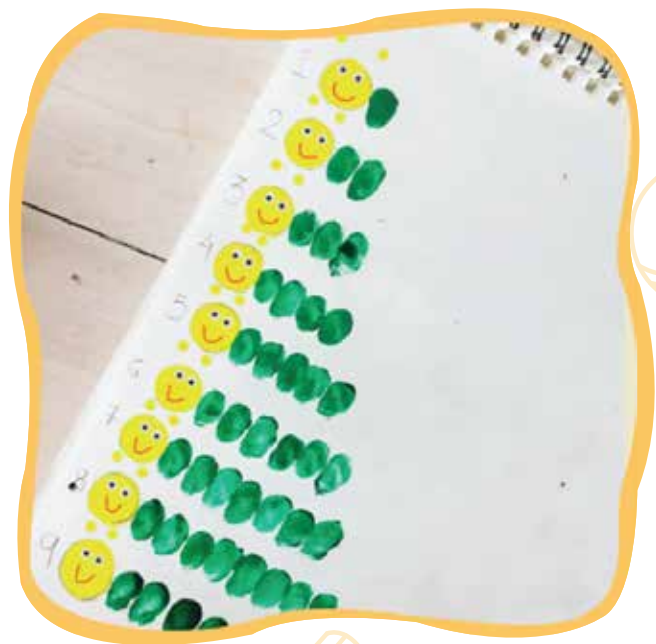
Finger Painting

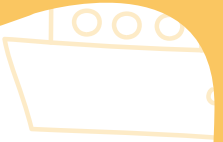


- 1 A super cool hot air balloon.



- 2 Practice counting skills!





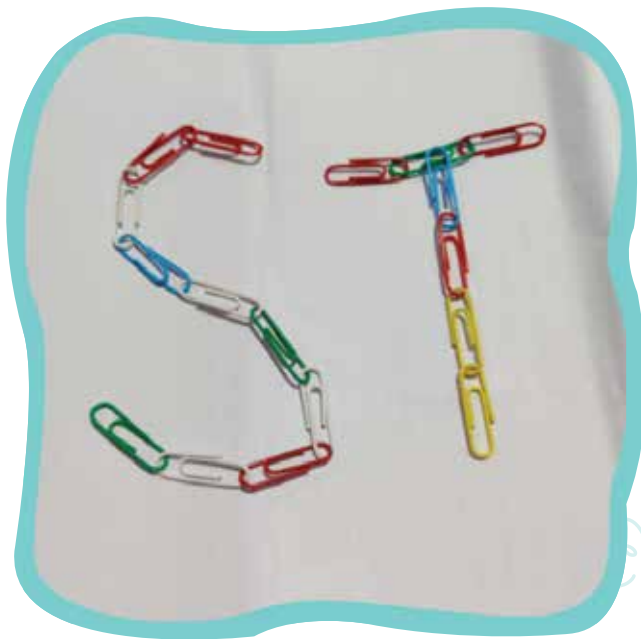
3 Finger paint a simple tree, flower, etc.



4 And fun fruit shapes like pineapple, grapes, etc.



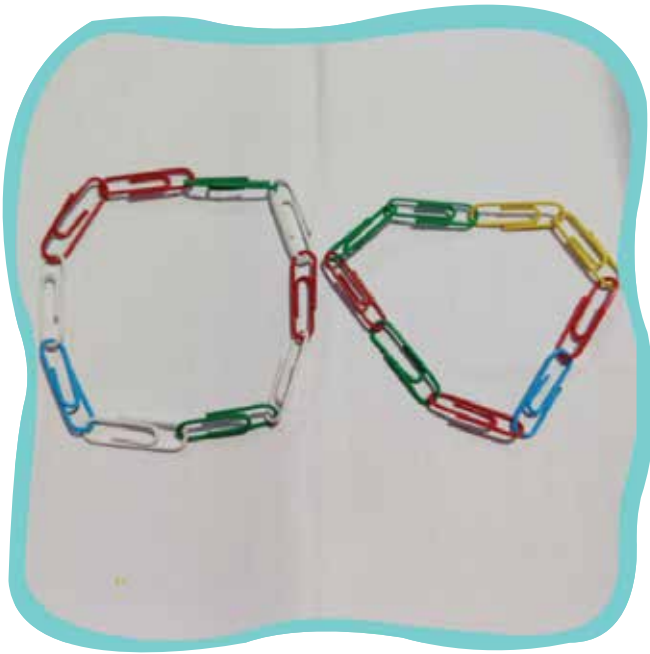
Fun with Paper Clips



- 1 Link different coloured paper clips together to make letters or numbers.

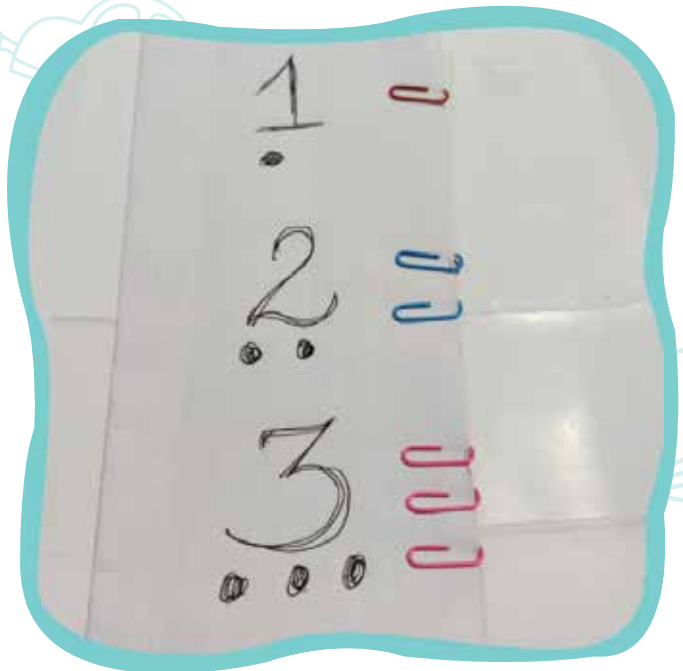
- 2 Colour matching with paper clips and play-doh.





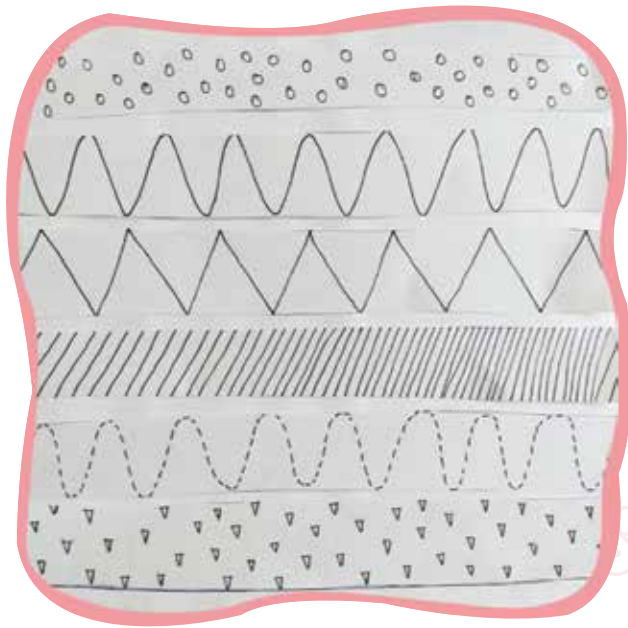
- 3 Link different coloured paper clips together to make shapes. Alternate the colours and make it a sequencing activity.

- 4 Counting with paper clips.





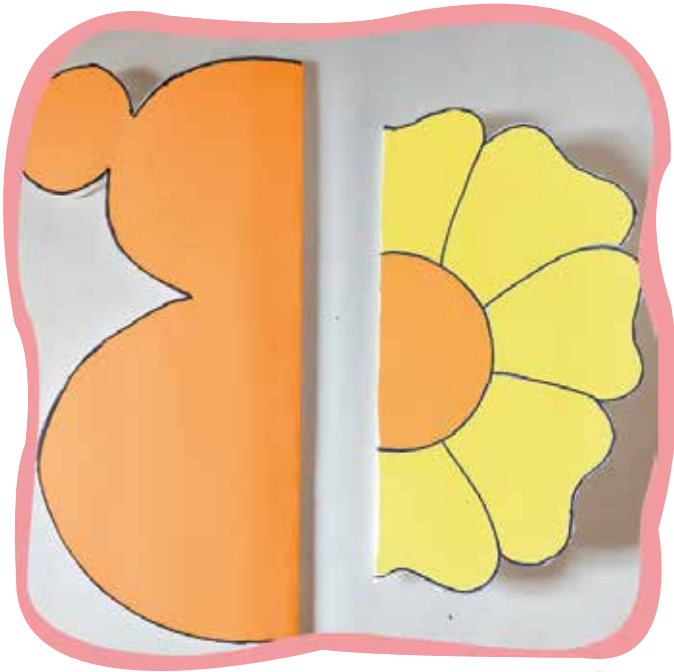
Fun with Paper Cutting



- 1 Make different pattern bands on a sheet and cut them out. Turn them into paper bracelets.

- 2 Cut different shapes and colour them in.





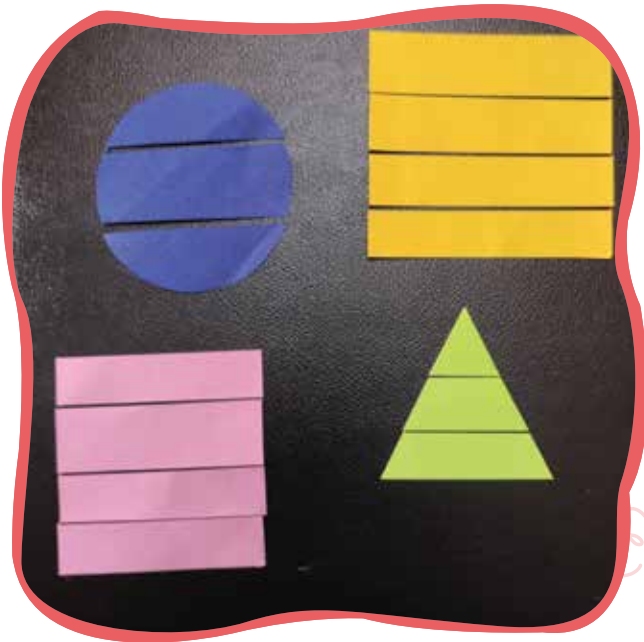
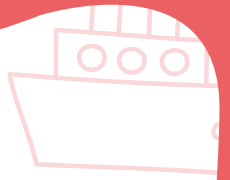
- 3 Draw outlines of simple objects like teddy, flower, etc and let your LO cut them out.

4 Make easter eggs in different patterns, cut them out and decorate.

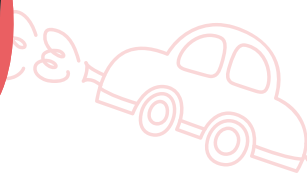
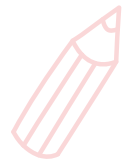




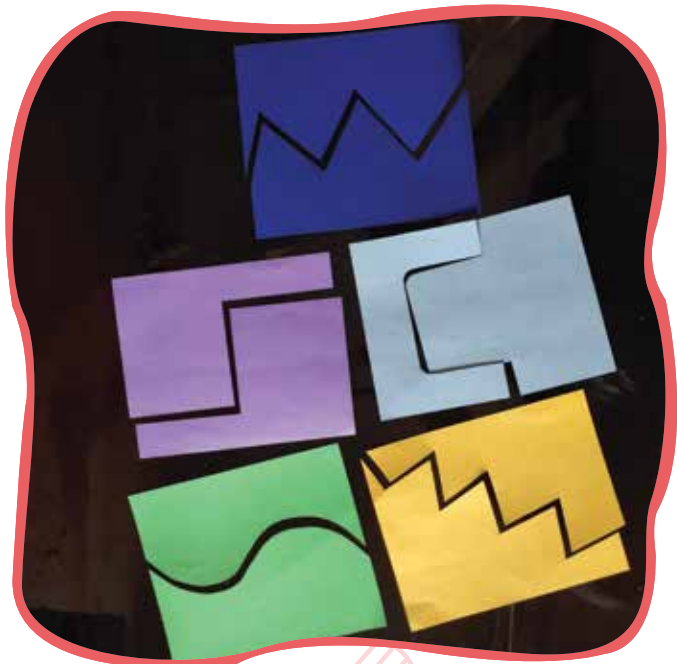
Fun with Jigsaw



- 1 Sequencing of shapes is another good idea for a jigsaw puzzle.



- 2 Make your little ones practise curves and lines through simple jigsaw tiles.





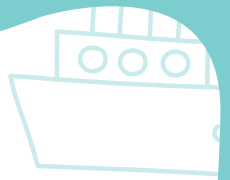
3 Draw funny faces, easy creatures, things, etc and cut them from the middle and ask your LO to match the correct pieces.

4 You can do this to teach them time and hours too.

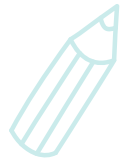




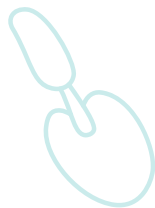
Easter



- 1 Some basic counting practise.



- 2 Footprint carrot painting for the Easter Bunny!





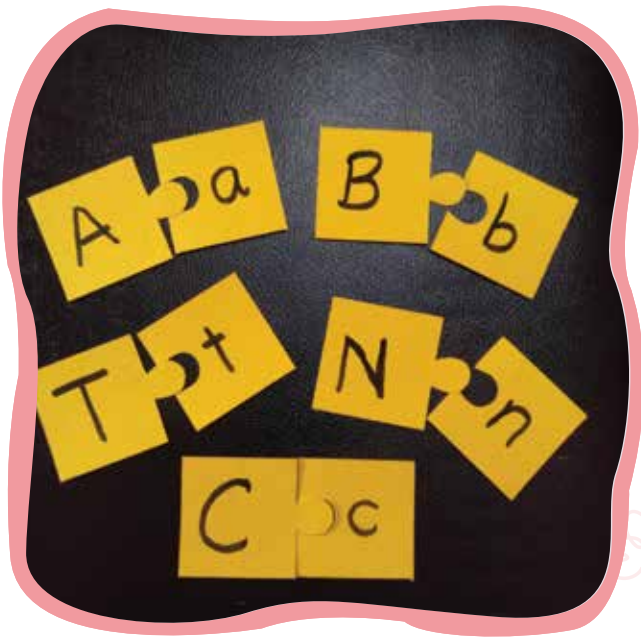
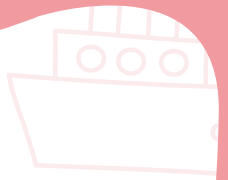
- 3 Hand and footprint painting to make Easter Bunny.

- 4 Fun DIY egg jigsaw puzzle.





Fun with Alphabet



- 1 A fun jigsaw matching activity for block and small letters practise.



- 2 Tracing letters in a pool of rice, soil, clay, etc. Easy and interesting to practise the letters.





3 Practising classification of letters basis holes, vowels, etc.

4 Matching letters is another fun way to teach alphabet.

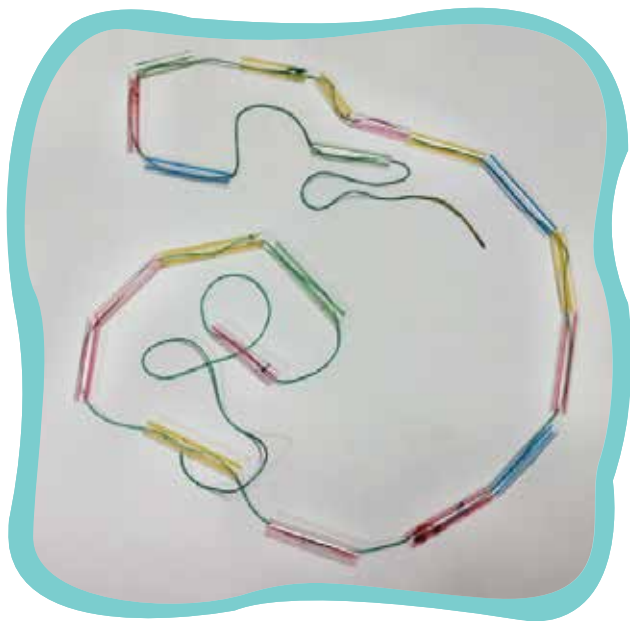


Fun with Straws



- 1 Drop daals into a straw that is balanced on play-doh or atta - great for motor skills.

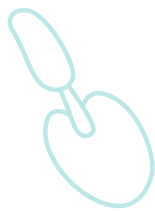
- 2 Cut straws into an inch size pieces and pass it through a woolen thread to make a necklace, bracelet, or simply practise motor skills.

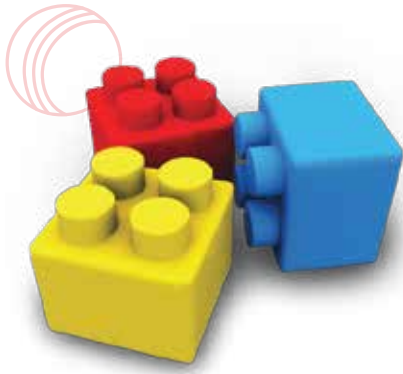




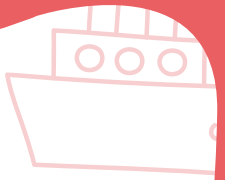
- 3** Use a straw to blow liquid paint around on paper, creating interesting designs.

- 4** Take five bending straws and tape them together, dip in paint and stamp flowers on a paper!

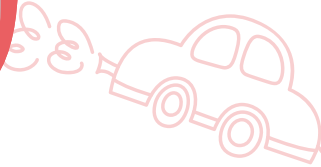
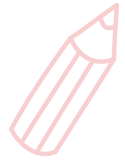




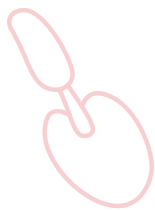
Fun with Lego

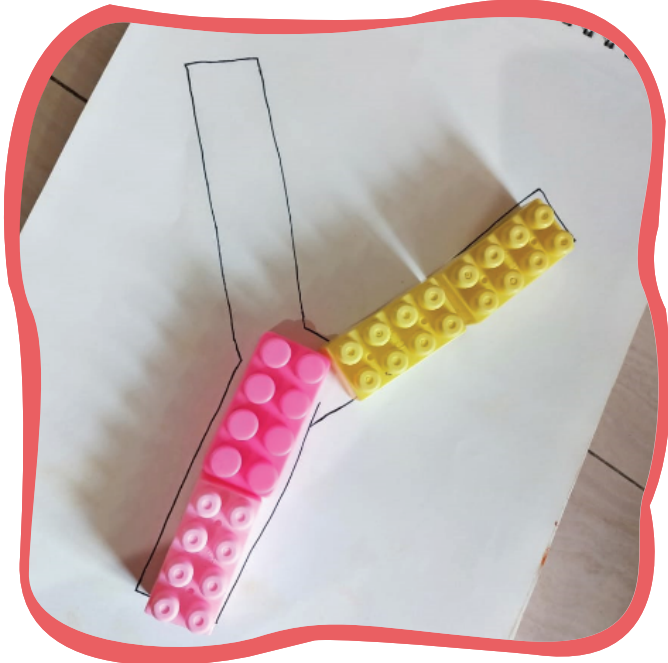
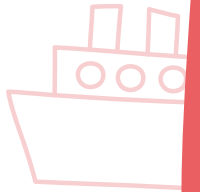


- 1 Use lego to practise counting skills.

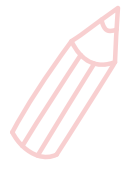


- 2 Make lego towers using matching pieces.





3 Use lego to trace letters and numbers.



4 Make lego towers and put rubber bands to practise motor skills.



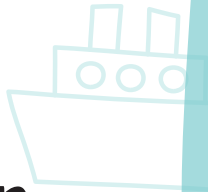
Fun with Painting



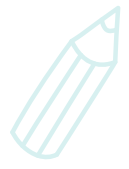
- 1 Use bubble wrap for textured painting.

- 2 Paint tulips using forks, or flowers using onion and okra.

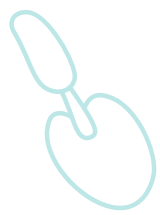




3 Mix paints to learn different shades of green, red, blue, etc.



4 Paint festive lights using cotton swabs.

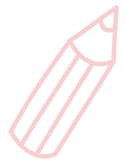




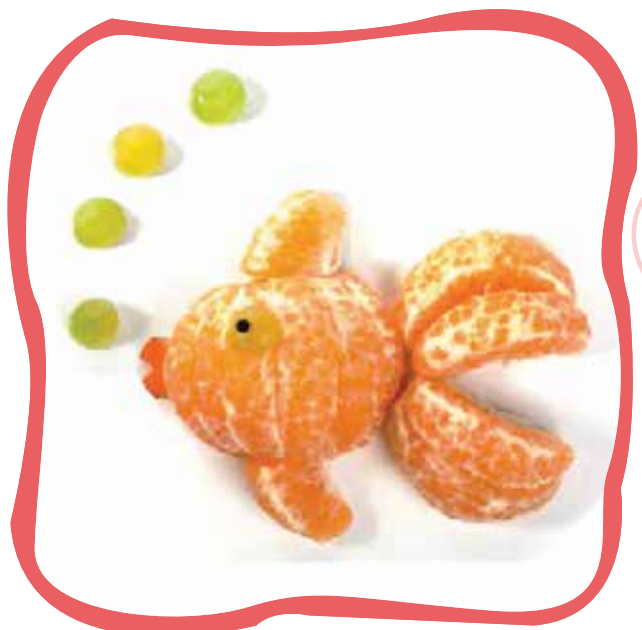
Fun with Fruit shapes

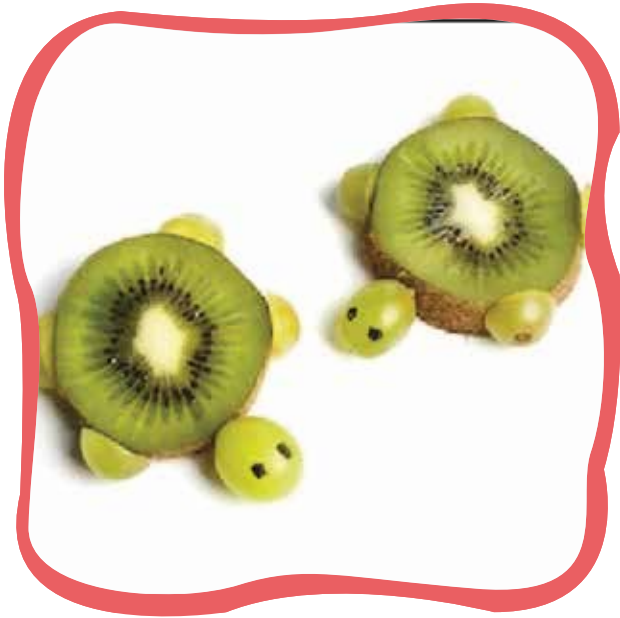


- 1 A simple beach scene with palm trees and sun, etc.



- 2 A pouty-snouty fish.

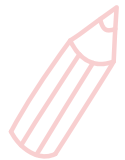
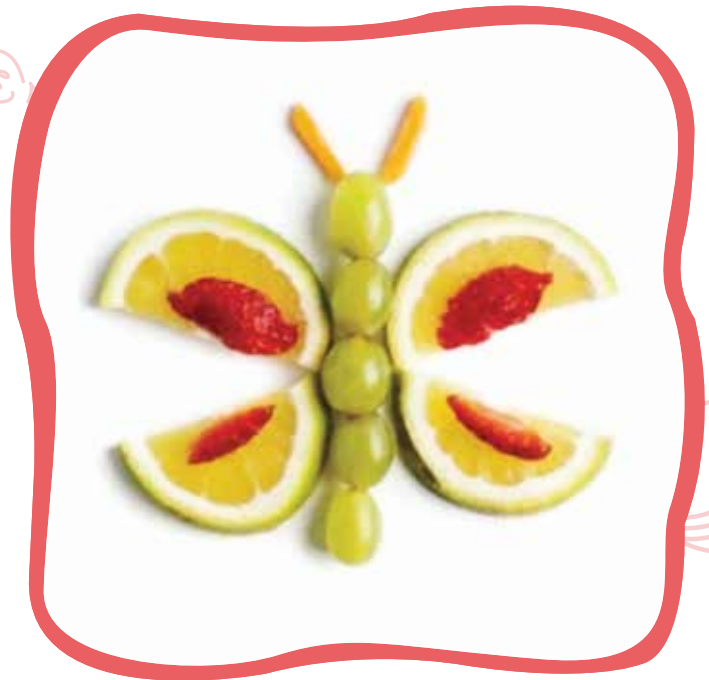




3 Tortoises are fun when made out of fruits.



4 A fluttery butterfly! (make your LO say this as a tongue-twister)

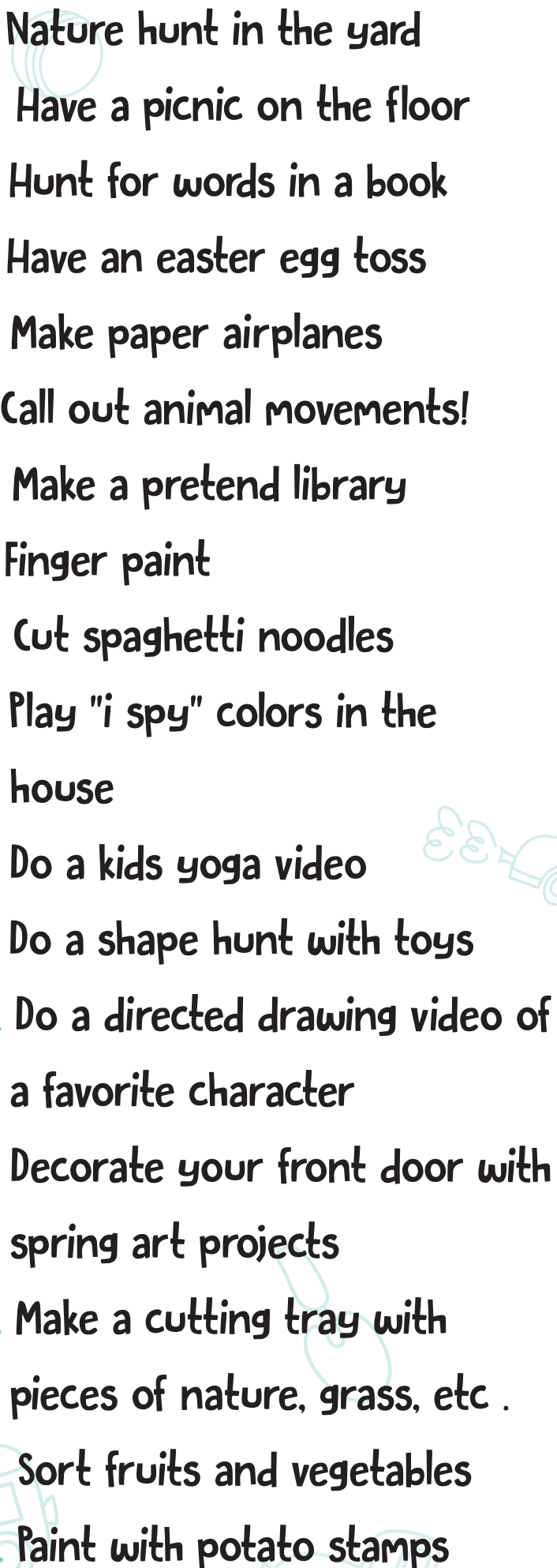


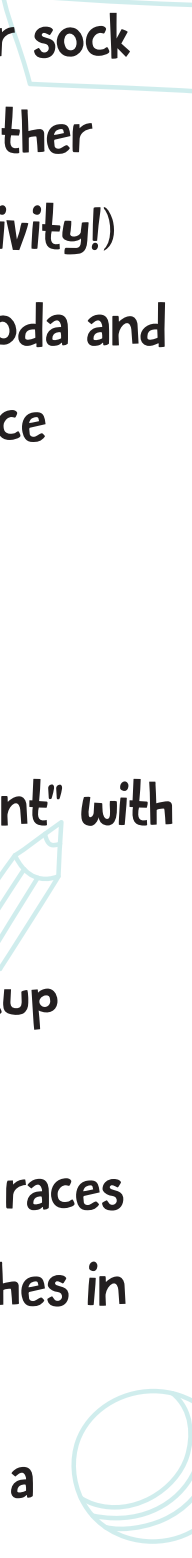
Household items

1. Plastic bowls
2. Paper or plastic cups
3. Tupperware with lids
4. Cookie cutters
5. Salad tongs
6. Couch cushions 
7. Bed sheets
8. Muffin tin
9. Coffee creamer or baby puffs containers
10. Reusable ice cubes
11. Kitchen sponges 
12. Shaving cream
13. Aluminium foil
14. Coffee filters 
15. Birthday candles
16. Colander 
17. Cardboard box 
18. Measuring spoons and cups 
19. Clothespins
20. Cotton balls
21. Kitchen sink
22. Storage bin
23. Laundry basket 
24. Recycled jars
25. Salad spinner
26. Paper plates
27. Q-Tips
28. Toilet paper/paper towel roll tubes 
29. Kitchen pots and pans
30. Cupcake liners 

What to do at home

1. Build a fort
2. Wash favourite toys in a tub using soap, sponge and a toothbrush
3. Dance party!
4. Colour a picture
5. Exercise circuit
6. Play with playdough
7. Blow and pop bubbles
8. Build a block tower
9. Make an obstacle course
10. Play hide and seek
11. Have a scavenger hunt
12. Sidewalk chalk
13. Make an imaginary store
14. Collect rocks to paint
15. Make a nature journal
16. Wash favorite toys in sink
17. Read a book
18. Toss balls into a basket
19. Stuffed animal "tea party"
20. Play with shaving cream
21. Dye easter eggs
22. Play cards or a board game
23. Play "simon says"
24. Search for colours outdoors
25. Paint a picture
26. Decorate a cardboard box spaceship
27. Write nice messages on the sidewalks
28. Sort your stuffed animals
29. Paint words with Q-Tips
30. Drive cars in shaving cream
31. Play music on pots and pans

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32. Nature hunt in the yard
 33. Have a picnic on the floor
 34. Hunt for words in a book
 35. Have an easter egg toss
 36. Make paper airplanes
 37. Call out animal movements!
 38. Make a pretend library
 39. Finger paint
 40. Cut spaghetti noodles
 41. Play "i spy" colors in the house
 42. Do a kids yoga video
 43. Do a shape hunt with toys
 44. Do a directed drawing video of a favorite character
 45. Decorate your front door with spring art projects
 46. Make a cutting tray with pieces of nature, grass, etc .
 47. Sort fruits and vegetables
 48. Paint with potato stamps

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49. Organize your sock drawers together (matching activity!)
 50. Do a baking soda and vinegar science experiment
 51. Cut spaghetti noodles
 52. Play "restaurant" with play food
 53. Make plastic cup towers
 54. Have toy car races
 55. Wash play dishes in the sink
 56. FaceTime with a school friend
 57. Create your own "classroom" at home and play school



Project painting

1. Paint with cotton balls
2. Watercolor painting
3. Paint with water on wood
4. Homemade window painting
5. Finger paint
6. Painting with an apple stamp
7. Painting with kitchen utensils
8. Shaving cream puffy paint
9. Kitchen sponge paint stamp
10. Painting the bathtub
11. Spray bottle snow painting
12. Sidewalk chalk painting
13. Q-tip painting
14. Homemade flour paints
15. Pom pom stamping
16. Easter egg roll painting in box
17. Painting on a mirror
18. Nature paint with flower "paintbrush"
19. Mess-free "Paint" with paint sticks
20. Potato stamp painting
21. Painting with toy vehicles
22. "Shake Paint" rocks in a shoebox
23. Paint with your feet
24. Paint on foil
25. Paint "tracks" with toy animals

