Activities for kids

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Activities for kids, sorted by what a child feels like doing: cook a snack from picture steps, build a marble run or a catapult, move for five minutes, tap through the human body, play a tune, or follow a drawing one line at a time. Every row below opens a real page, free, with no sign-up.

Pick by what your child feels like

- Feels like…: Cooking · Start here: Ants on a Log · Then: Easy recipes for kids
- Feels like…: Building · Start here: Paper Airplane Lab · Then: STEM projects for kids
- Feels like…: Moving · Start here: Animal Parade · Then: Workouts for kids
- Feels like…: Finding out how the body works · Start here: Bones · Then: The Body
- Feels like…: Making music · Start here: Piano and song maker · Then: Music
- Feels like…: Drawing · Start here: How to draw · Then: Coloring pages
- Feels like…: Watching a story · Start here: Peabody TV · Then: Cartoons

Things to cook

- Recipe: English Muffin Pizzas · Minutes: 20 · Ages: 5 to 11 · What it teaches: Heat melts cheese: the fat inside goes soft, and the shreds turn into one gooey, stretchy blanket.
- Recipe: Ants on a Log · Minutes: 10 · Ages: 5 to 9 · What it teaches: Celery is mostly water, which is why it crunches and snaps.
- Recipe: Banana Sushi · Minutes: 10 · Ages: 5 to 10 · What it teaches: Cut a roll into 8 equal pieces and each piece is one eighth of it: that's fractions!
- Recipe: Pancakes · Minutes: 30 · Ages: 8 to 14 · What it teaches: Baking powder makes tiny gas bubbles when it gets wet and hot, and the bubbles puff the pancakes up.
- Recipe: Ice Cream in a Bag · Minutes: 15 · Ages: 5 to 9 · What it teaches: Salt makes ice melt a little, and the melting soaks up heat, so salty ice gets colder than plain ice and freezes the cream.
- Recipe: Fruit Kabobs · Minutes: 15 · Ages: 5 to 9 · What it teaches: A rainbow's colours always come in the same order, red first, because every colour of sunlight bends a different amount in a raindrop. An order that repeats is called a pattern.

A grown-up does every hot and sharp step. All of the Kitchen's recipes are on easy recipes for kids.

Things to build

- Project: Paper Airplane Lab · Minutes: 30 · Grades: 1st–5th · What it shows: Wings push on the air, and where the weight sits decides if a plane glides or dives.

- Project: Craft-Stick Catapult · Minutes: 30 · Grades: 1st–5th · What it shows: A lever stores your push in the bent stick, then throws it.
- Project: Wall Marble Run · Minutes: 30 · Grades: K–3rd · What it shows: Things roll downhill, and a gentle slope makes a slower ride.
- Project: Balloon Car · Minutes: 45 · Grades: 3rd–8th · What it shows: Push air out the back, and the air pushes the car forward.
- Project: Stretchy Slime · Minutes: 25 · Grades: 3rd–8th · What it shows: The activator links glue's long chains into a net, so runny glue turns into stretchy slime.
- Project: Fizzy Volcano · Minutes: 15 · Grades: K–8th · What it shows: Baking soda and vinegar make a gas, and soap turns the gas into foamy lava.
- Project: Hydraulic Robot Arm · Minutes: 120 · Grades: 5th–8th · What it shows: Push water into one syringe and it pushes the other, because water won't squash.

More builds are on STEM projects for kids and science fair projects.

Ways to move

- Workout: Animal Parade · Ages: 4 to 6 · What it is: Moving on your hands and feet is how every strong body starts.
- Workout: Three Minute Shake-Out · Ages: 6 to 9 · What it is: A few minutes counts. It always counts.
- Workout: Morning Stretch · Ages: 6 to 9 · What it is: Bendiness is a thing you train, like strength. It just takes longer.
- Workout: Hopscotch Rounds · Ages: 9 to 12 · What it is: Springiness — power — is strength and speed at the same time.
- Workout: Five Little Monkeys · Ages: 5 to 6 · What it is: Landing softly is the most useful thing a jumper ever learns.
- Workout: Plank Party · Ages: 7 to 9 · What it is: Holding still is work. Your middle is doing all of it.

For games instead of workouts, see games to play with kids.

How your body works

- Layer: Skin · Its science name: Integumentary system · Parts to tap: 16
- Layer: Muscles · Its science name: Muscular system · Parts to tap: 24
- Layer: Bones · Its science name: Skeletal system · Parts to tap: 24
- Layer: Heart & Blood · Its science name: Circulatory system · Parts to tap: 18
- Layer: Organs · Its science name: Organs · Parts to tap: 23

Music to make

- Page: Piano and song maker · What a child does: Tap the keys, pick an instrument and build a tune that plays back.
- Page: Rhythm game · What a child does: Listen to a pattern, then tap along in time.
- Page: Sing along · What a child does: Nursery rhymes and folk songs with the words lighting up as they are sung.
- Page: Freeze Dance · What a child does: The music stops and everyone freezes.
- Page: Beat Buddies · What a child does: Drag critters onto the stage and each one adds a beat.
- Page: Chord Finder · What a child does: Any chord on piano, ukulele or guitar, drawn and played.

Things to draw and color

- Page: How to draw · What a child does: Step-by-step drawings to copy onto paper.
- Page: Pixel art maker · What a child does: Color squares on a grid to make a picture.
- Page: Symmetry drawing · What a child does: Draw once and see it mirrored like a kaleidoscope.
- Page: Drawing prompts · What a child does: Spin who, doing what and where, then draw it.
- Page: Coloring pages · What a child does: Pictures to color on screen or print for the table.
- Page: Trace letters · What a child does: Trace capital letters with a finger.

Everything here is free through the end of 2026, with no ads, no sign-up and nothing to download.

Questions parents ask

What are good activities for kids at home?

Mix the kinds: one thing to cook, one to build, one to move and one quiet thing to draw covers an afternoon. Things to do with kids at home plans a whole day.

Do these activities need anything special?

Mostly not. The recipes use food most kitchens have, the builds use cardboard, tape, paper and cups, and the workouts need a bit of floor. Each page lists what it needs before you start.

What ages are these activities for?

About 3 to 12. Every table says the ages or grades of each row, taken from the page it opens.

Are these activities free?

Yes. Everything here is free through the end of 2026, with no ads, no sign-up and nothing to download.

Free at peabody.kids/activities-for-kids