Activities for toddlers at home

Peabody · checked 2026-11-06

The best activities for toddlers at home are simple and mostly off the screen: make a no-bake snack together, color a picture, hunt for shapes around the room, sing, and read the same short story again. The rows below are free, say their ages, and keep the small-parts and kitchen safety rules.

Activities for toddlers and 3 year olds

- Activity: The Rainy Day Box · What kind: Make · What a child does: Cards of forts, crafts, games and experiments with things most homes have, each saying how long, how messy and what a grown-up does. · Ages: 3 and up
- Activity: Dot-to-dot · What kind: Puzzle · What a child does: Join the numbers and a picture appears. Counting practice with a pencil. · Ages: 3 to 8
- Activity: Shadow match · What kind: Puzzle · What a child does: Match each picture to its shadow: looking closely, with no reading needed. · Ages: 3 to 6
- Activity: Odd one out · What kind: Puzzle · What a child does: Find the one that does not belong, and say why. · Ages: 3 to 6
- Activity: Coloring pages · What kind: Make · What a child does: Pictures to color on screen or print for the table. · Ages: 3 to 10
- Activity: Trace letters · What kind: Make · What a child does: Trace capital letters, starting with the first letter of your name. · Ages: 3 to 5
- Activity: The Art Studio · What kind: Make · What a child does: Crayons, paint and coloring on the screen. · Ages: 3 to 10
- Activity: No-bake recipes · What kind: Cook · What a child does: Food small hands can make with no oven: mix, spread, stack and eat. · Ages: 3 to 8
- Activity: The library · What kind: Read · What a child does: Free stories by reading level, to read together or alone, with no account. · Ages: 3 and up
- Activity: Short bedtime stories · What kind: Read · What a child does: Stories short enough for one more before lights out. · Ages: 3 to 8
- Activity: Peabody TV · What kind: Read · What a child does: The library's books as read-along shows. · Ages: 3 to 7
- Activity: Preschool learning games · What kind: Play · What a child does: Tap-to-play games where every question is said aloud, so no reading is needed. · Ages: 3 to 5

Ideas that need nothing at all

- A shape hunt: one circle, one square and one triangle in the room you are in.
- Rhyming pairs: say "cat" and wait for hat, bat or a made-up one.

- Counting the stairs on the way up to bed, and the grapes on the plate.
- Copy me: clap a pattern, stamp a pattern, and swap who leads.
- Read the same book again. A toddler loves the same story twenty times, and every time is practice.

Screens and toddlers

The World Health Organization advises no sedentary screen time for 1-year-olds, and no more than an hour for 2-year-olds, less being better. So this page leads with things off the screen: cooking, coloring, stories read aloud, songs and the Rainy Day cards. When a screen does come on for a 3 year old, the preschool learning games say every question aloud and need only a tap, and a grown-up beside them makes it a shared thing. More in screen time that teaches.

Safety with little ones

The Rainy Day Box marks the cards with small parts (marbles, rice and beans, acorns, coins, googly eyes) for homes with children under 3, and food cards say to cut grapes small for under-4s. Scissors, the oven and anything hot are always a grown-up's job.

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

Questions parents ask

What can I do with my toddler at home today?

A no-bake snack together, a coloring page, a shape hunt round the room, a song, and a short story read aloud. None of those needs a screen or anything you would have to buy.

What age is this page for?

Toddlers with a grown-up, and 3 year olds. From about 3 most of the rows work with a little help, and activities for 3 year olds and 4 year olds go on from here.

Can a toddler use the games?

Peabody's games start at about 3, and only with a grown-up. Under 3, the screen-free rows above suit far better.

Are these toddler 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-toddlers-at-home