

bimokids

The Age-by-Age **Play** **Pack**

Simple, no-prep play ideas you can start in thirty seconds, using things you already have at home.

Baby

1–2 years

3–4 years

5–7 years

Keep the page that fits your child on the fridge. No shopping, no setup the night before, nothing cut into shapes — just play that actually works. Look for the **Busy solo** idea on each page for the days you need five minutes.

for every stage of growing up

Baby

under 1 year

At this age, you are the toy. Your face, your voice, and simple back-and-forth do more than anything you can buy.

Peekaboo with a burp cloth

Hide, then reappear. They are learning that things still exist when they can't see them.

Empty a low kitchen drawer of plastic tubs

BUSY SOLO

Give them one safe drawer that's theirs to empty. Cause, effect, and busy hands near you.

Crinkle an empty water bottle nearby

The sound makes them turn, track, and reach. Take the lid off first so it can't come loose.

Roll a ball back and forth on the floor

Their first real "game." Taking turns is a bigger skill than it looks.

Name body parts during a diaper change

"Here's your foot." First words come from your voice, not a screen.

1–2 years

busy hands, big feelings

Toddlers love doing the same small thing again and again. That repetition is the learning, so let them.

Post socks through a slot in a box lid

BUSY SOLO

Cut one slot in a box lid. They'll post socks through it forty times, and that's the point.

Fill and dump cups in the bath or a bowl of water

Pouring and tipping teaches cause and effect, and it's quietly mesmerizing for them.

Stack and knock over plastic tubs

Building comes first, then the best bit: the crash. Both count as learning.

Point and name a picture book

No need to read the words. "Where's the dog?" does more than the story does.

Hunt for one hidden toy

"Where's teddy?" Hide it somewhere easy. Listening and following a simple idea.

3–4 years

pretend and figure-it-out

This is the age of pretend. A cardboard box beats most toys, and their imagination does the heavy lifting.

Tape a road on the floor for toy cars

BUSY SOLO

A few strips of tape make a town. Minimal setup, and it keeps going without you.

Sort anything by color

Socks, blocks, buttons. It's early math wearing a very convincing disguise.

Open a "café" and take their order

Pretend play stretches language. Let them be the one in charge for once.

Turn a big cardboard box into a boat or house

The box wins every time. Give them a crayon and let them decide what it is.

Build a cushion obstacle course

Over, under, around. Movement indoors for the bad-weather days.

5–7 years real jobs and their own ideas

Older kids want to feel capable. Give them real responsibility and room to make up their own rules.

Give them a real job

Set the table, sort the recycling. Feeling useful is its own kind of play at this age.

Draw a treasure map of the house, then follow it

Planning a route and following it is real thinking, dressed up as a game.

Build the tallest tower that won't fall

BUSY SOLO

Blocks, cups, books. They test ideas and learn a little physics without noticing.

Make up a card game with their own rules

Number sense and negotiation. Their rules will be strange. Play along anyway.

Take a "notice five things" walk

Ten minutes outside, spotting five things. Attention practice, and a reset for everyone.