



PARENT GUIDE

Play Ideas by Age

Parents of children 0–6 Years

A quick-reference list of simple, low-cost play ideas matched to each age band, for days when parents need fresh inspiration.

0–1 Year

- ☐ Tummy time with a toy just out of reach
- ☐ Peek-a-boo and simple face games
- ☐ Soft-textured toys to touch and explore

1–2 Years

- ☐ Stacking cups or large blocks
- ☐ Simple ball rolling and chasing games
- ☐ Pretend feeding a doll or stuffed animal

2–3 Years

- ☐ Sorting toys by color, size, or shape
- ☐ Simple dress-up and pretend play
- ☐ Water play with cups and containers (supervised)

3–4 Years

- ☐ Simple board or matching games
- ☐ Building obstacle courses with cushions
- ☐ Drawing, coloring, and early scissor practice

4–6 Years

- ☐ Jigsaw puzzles and pattern-building games
- ☐ Active outdoor games like hopscotch or tag
- ☐ Simple cooperative board games that involve turn-taking



A NOTE FROM BRAINY INDIGO

Play is one of the best ways children learn. If you'd like activity ideas tailored to your child's specific stage, explore the full Brainy Indigo Activity Library.