

Mindful Minis

30

Summer

Indoor

Activities

*(For Toddlers Ages 2-5)*

Connection-based  
play for every day  
learning



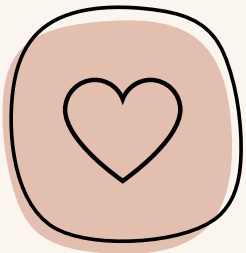
Mini Moments,  
Meaningful  
Growth.

## Mindful Minis

# Welcome!



This guide is filled with simple, meaningful activities you can do at home with your toddler using materials you likely already have. Each activity is designed to support connection, movement, curiosity, creativity, and calm.



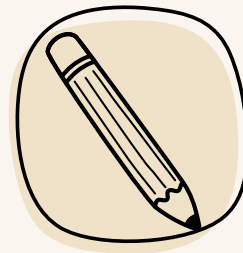
CONNECT



MOVE



EXPLORE



CREATE



CALM

You do not need perfect days or elaborate plans.  
Just small moments of connection.

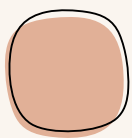
*Let's Play!*

Mindful Minis



# Why Play Matters

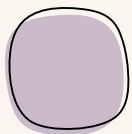
Play is how young children learn & grow. It helps build brain connections, strengthen relationships, and support social-emotional development.



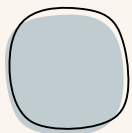
Builds strong relationships



Supports emotional regulation



Encourages communication



Develops problem-solving skills



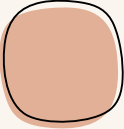

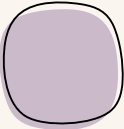
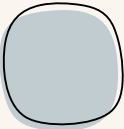

Boosts confidence and independence

The small moments add up.

Mini Moments. Meaningful Growth.



# How to Use This Guide

-  Choose an activity that fits your day.
-  Follow your child's lead.
-  It's okay to keep it short and sweet!
-  Repeat favorites. Repetition builds learning!
-  Most importantly, have fun together!

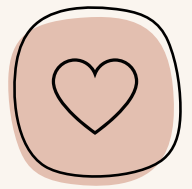
**Mindful Minis**

# **CONNECT**

**Building relationships,  
attachment, and  
belonging.**



**Connection is the foundation  
for learning and growth.**



## Teddy Bear Doctor

### You'll Need

- Stuffed animals
- Bandages or painter's tape
- Small blanket

### What To Do

Invite your child to become a doctor for their stuffed animals. Check their heartbeat, give hugs, apply bandages, and tuck them in for rest.

### What It's Building

- Empathy
- Nurturing skills
- Imaginative play

### Why This Helps

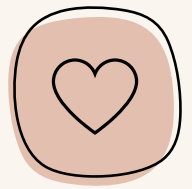
Pretend play gives young children opportunities to practice caring for others and understand different perspectives.

### Mindful Minis Moment

Ask:

"What does your teddy need to feel better?"

# Mindful Minis



CONNECT

## Snuggle Story Cave

### You'll Need

- Blankets
- Pillows
- Favorite books
- Flashlight (optional)

### What To Do

Build a cozy fort together and bring a few favorite books inside. Read, cuddle, and enjoy quiet connection.

### What It's Building

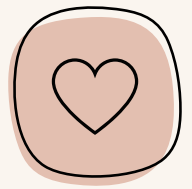
- Connection
- Literacy
- Emotional safety

### Why This Helps

Children thrive when they experience moments of calm connection with their caregivers.

### Mindful Minis Moment

Let your child choose the books and set the pace.



## Indoor Picnic Date

### You'll Need

- Blanket
- Simple snack
- Stuffed animal (optional)

### What To Do

Spread a blanket on the floor and enjoy a picnic together in an unexpected place.

### What It's Building

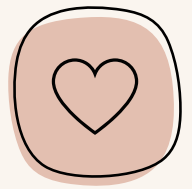
- Connection
- Conversation
- Belonging

### Why This Helps

Shared positive experiences strengthen relationships and create lasting memories.

### Mindful Minis Moment

Put away distractions and simply enjoy being together.



## Special Delivery Service

### You'll Need

- Basket, bag, or toy wagon
- Household items

### What To Do

Become a delivery team. Deliver books, snacks, stuffed animals, or notes to family members around the house.

### What It's Building

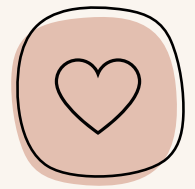
- Helping skills
- Social awareness
- Cooperation

### Why This Helps

Young children feel capable and connected when they have opportunities to contribute.

### Mindful Minis Moment

Celebrate their effort rather than the outcome.



## Family Dance Party Requests

### You'll Need

- Music

### What To Do

Take turns choosing songs. Dance together and let each family member show their favorite moves. Or even make it a dance contest!

### What It's Building

- Connection
- Self-expression
- Joy

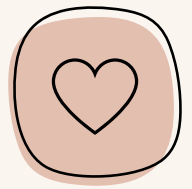
### Why This Helps

Positive shared experiences help strengthen family relationships.

### Mindful Minis Moment

Be silly. Children remember how we made them feel.

# Mindful Minis



CONNECT

## Tea Party for Two

### You'll Need

- Cups
- Stuffed animals
- Pretend or real snacks

### What To Do

Host a special tea party with your child and a few stuffed animal guests.

### What It's Building

- Imagination
- Communication
- Social skills

### Why This Helps

Pretend play provides opportunities to practice conversation and connection.

### Mindful Minis Moment

Follow your child's lead and join their pretend world.

**Mindful Minis**

# **MOVE**

**Helping children regulate  
through movement.**



**Movement supports body  
awareness, coordination, and  
emotional regulation.**

# Mindful Minis



MOVE

## Animal Rescue Mission

### You'll Need

- Stuffed animals
- Blankets, pillows, or cushions

### What To Do

Hide stuffed animals around the room. Create simple challenges to rescue them.

Try:

- Crawling under a blanket tunnel
- Jumping over pillows
- Tiptoeing past sleeping dinosaurs
- Stomping through a pretend jungle

### What It's Building

- Gross motor skills
- Problem-solving
- Body awareness

### Why This Helps

Movement helps children organize sensory input while building confidence and coordination.

### Mindful Minis Moment

Let your child decide how each animal should be rescued.

# Mindful Minis



MOVE

## Pillow River Adventure

### You'll Need

- Pillows
- Couch cushions
- Blankets

### What To Do

Pretend the floor is a rushing river. Use pillows as stepping stones to cross safely.

Add challenges:

- Carry a stuffed animal
- Walk backwards
- Jump to the next stone

### What It's Building

- Balance
- Coordination
- Motor planning

### Why This Helps

Navigating obstacles helps children develop body awareness and confidence.

### Mindful Minis Moment

Celebrate effort:

"You worked hard to find your way across!"

# Mindful Minis



MOVE

## Dinosaur Roar Release

### You'll Need

Nothing

### What To Do

Become dinosaurs together.

Try:

- Big stomps
- Giant roars
- Fast runs
- Slow sneaky dinosaur walks

When your dinosaurs get tired, help them find a cozy cave to rest.

### What It's Building

- Emotional expression
- Body awareness
- Self-regulation

### Why This Helps

Children often release built-up energy through large body movements.

### Mindful Minis Moment

Talk about how your dinosaur feels:

"My dinosaur was feeling really energetic!"

# Mindful Minis



MOVE

## Balloon Keep-Up Challenge

### You'll Need

- Balloon

### What To Do

Work together to keep the balloon from touching the floor.

Try:

- Using only one hand
- Using your head
- Taking turns hitting it

### What It's Building

- Coordination
- Focus
- Cooperation

### Why This Helps

Balloon play encourages visual tracking, movement, and shared engagement.

### Mindful Minis Moment

Focus on teamwork rather than winning.

# Mindful Minis



MOVE

## Rainbow Scarf Adventure

### You'll Need

- Scarves
- Washcloths
- Lightweight fabric

### What To Do

Pretend your scarves are:

- Butterfly wings
- Magic capes
- Floating clouds
- Falling leaves

Move them high, low, fast, and slow.

### What It's Building

- Creativity
- Body control
- Rhythm

### Why This Helps

Children practice moving their bodies in different ways while engaging their imagination.

### Mindful Minis Moment

Ask:

"How does your scarf want to move?"



## Laundry Basket Safari

### You'll Need

- Laundry basket
- Stuffed animals

### What To Do

Load your safari vehicle (laundry basket) and travel around the house looking for hidden animals.

You may need to:

- Crawl through tall grass
- Jump over logs
- Tiptoe across bridges

### What It's Building

- Imaginative play
- Gross motor skills
- Problem-solving

### Why This Helps

Combining movement with pretend play helps keep young children engaged while supporting physical development.

### Mindful Minis Moment

Follow your child's story. Every safari looks different.

**Mindful Minis**

# **EXPLORE**

**Encouraging curiosity  
and discovery through play.**



**Children are natural scientists!  
They learn by exploring  
the world around them.**



## Ice Rescue Mission

### You'll Need

- Ice cube tray or container
- Small toys (animals, bugs, pom poms, dinosaurs)
- Warm water
- Spoon, cup, or spray bottle

### What To Do

Freeze small objects overnight. Invite your child to rescue them using warm water and simple tools.

### What It's Building

- Problem-solving
- Cause and effect
- Persistence

### Why This Helps

Children learn through experimenting, testing ideas, and observing what happens.

### Mindful Minis Moment

Instead of showing them how, try asking:  
"What should we try next?"



## Bug Explorer Station

### You'll Need

- Toy bugs
- Rocks
- Leaves
- Magnifying glass (optional)
- Bin or tray

### What To Do

Create a bug habitat and invite your child to explore. Look for places bugs might sleep, hide, or eat.

### What It's Building

- Observation skills
- Imagination
- Language development

### Why This Helps

Pretend exploration encourages curiosity and attention to detail.

### Mindful Minis Moment

Become a fellow explorer instead of the expert.



## Bubble Mountain Lab

### You'll Need

- Dish soap
- Water
- Large bowl
- Whisk

### What To Do

Whisk soap and water until giant fluffy bubbles form. Hide toys underneath and search for them together.

### What It's Building

- Sensory exploration
- Vocabulary
- Scientific thinking

### Why This Helps

Children learn by touching, observing, and experimenting.

### Mindful Minis Moment

Talk about what you notice:

"Those bubbles are getting taller and taller!"



## Sink or Float Lab

### You'll Need

- Container of water
- Household objects

### Ideas:

- Spoon
- Block
- Leaf
- Toy animal
- Cork

### What To Do

Guess whether each item will sink or float before testing it.

### What It's Building

- Prediction skills
- Observation
- Early science concepts

### Why This Helps

Making predictions encourages children to think critically and test ideas.

### Mindful Minis Moment

There is no need to teach the science. Simply wonder together.

# Mindful Minis



EXPLORE

## Mystery Sound Hunt

### You'll Need

- Household items that make sounds

Examples:

- Keys
- Bell
- Crinkly paper
- Spoon on a cup

### What To Do

Hide the object behind your back and make a sound. Invite your child to guess what made the noise.

### What It's Building

- Listening skills
- Attention
- Auditory processing

### Why This Helps

Careful listening supports language development and focus.

### Mindful Minis Moment

Take turns being the sound maker.



## Shadow Explorer Adventure

### You'll Need

- Flashlight
- Dim room
- Toys or stuffed animals

### What To Do

Shine a flashlight on toys and explore the shadows they create. Move them closer and farther away to see what changes.

### What It's Building

- Observation
- Curiosity
- Problem-solving

### Why This Helps

Simple discoveries help children build confidence as learners.

### Mindful Minis Moment

Ask:

"What do you notice about the shadow?"

**Mindful Minis**

# **CREATE**

**Supporting imagination  
and self-expression.**



**Creativity helps children  
express ideas, solve problems,  
and build confidence.**

# Mindful Minis



CREATE

## Build-A-Calm Cave

### You'll Need

- Blankets
- Pillows
- Stuffed animals
- Books
- Flashlight (optional)

### What To Do

Work together to create a cozy cave. Once it's built, bring in favorite comfort items and spend time reading, resting, or playing quietly.

### What It's Building

- Creativity
- Problem-solving
- Emotional safety

### Why This Helps

Building something together encourages planning, teamwork, and imagination while creating a space that feels safe and comforting.

### Mindful Minis Moment

Ask:

"What should our cave have to make it feel extra cozy?"



## Cardboard Box Adventure

### You'll Need

- Large cardboard box
- Crayons or markers
- Stickers (optional)

### What To Do

Invite your child to transform a box into anything they imagine:

- Rocket ship
- Car
- Boat
- House
- Train

### What It's Building

- Imagination
- Flexible thinking
- Problem-solving

### Why This Helps

Open-ended materials encourage children to generate their own ideas rather than follow directions.

### Mindful Minis Moment

Try not to decide what the box should become.



## Feelings Art Studio

### You'll Need

- Paper
- Crayons
- Markers
- Paint (optional)

### What To Do

Invite your child to create art inspired by different feelings.

You might say:

- "What does excited look like?"
- "What colors feel calm?"
- "Can you draw a silly feeling?"

### What It's Building

- Emotional awareness
- Self-expression
- Creativity

### Why This Helps

Young children often express feelings through play and art long before they can explain them with words.

### Mindful Minis Moment

Avoid interpreting the artwork. Let your child tell the story.

# Mindful Minis



CREATE

## Nature Creation Tray

### You'll Need

- Leaves
- Flowers
- Sticks
- Rocks
- Tray or paper

### What To Do

Arrange nature items into patterns, pictures, or designs.

### What It's Building

- Creativity
- Observation
- Fine motor skills

### Why This Helps

Working with natural materials encourages exploration and open-ended creativity.

### Mindful Minis Moment

There is no right or wrong way to create.

# Mindful Minis



CREATE

## Play Dough Bakery

### You'll Need

- Play dough
- Rolling pin
- Cookie cutters
- Toy plates

### What To Do

Open a pretend bakery and create cookies, cupcakes, pizzas, or cakes.

### What It's Building

- Imagination
- Fine motor skills
- Symbolic play

### Why This Helps

Pretend play supports flexible thinking and creativity while strengthening hand muscles.

### Mindful Minis Moment

Become a customer and let your child take the lead.



## Monster Maker Workshop

### You'll Need

- Paper
- Markers
- Stickers
- Googly eyes (optional)

### What To Do

Create silly monsters together.

Ask questions like:

- What is your monster's name?
- What does it love to eat?
- What makes it laugh?

### What It's Building

- Creativity
- Storytelling
- Emotional expression

### Why This Helps

Inventing characters encourages imagination while providing a playful way to explore emotions and ideas.

### Mindful Minis Moment

The sillier the monster, the better.

# Mindful Minis

## CALM

Supporting regulation,  
mindfulness, and rest.



Calm moments help  
children feel safe,  
regulated, and ready to learn.

# Mindful Minis



CALM

## Stuffed Animal Belly Breathing

### You'll Need

- A favorite stuffed animal

### What To Do

Lie down together and place a stuffed animal on your child's belly. Watch it gently rise and fall as they breathe.

You can pretend:

- The teddy is riding a wave
- The teddy is floating on a cloud
- The teddy is taking a peaceful nap

### What It's Building

- Body awareness
- Mindfulness
- Regulation

### Why This Helps

Young children learn best through play. This activity introduces breathing awareness in a playful, pressure-free way.

### Mindful Minis Moment

There is no need to teach breathing techniques. Simply notice the movement together.



## Calm Bottle Discovery

### You'll Need

- Clear bottle
- Water
- Glitter
- Glue (optional)

### What To Do

Shake the bottle and watch the glitter swirl. Observe together as it slowly settles.

### What It's Building

- Visual focus
- Patience
- Emotional regulation

### Why This Helps

Watching slow movement can help children practice noticing and focusing their attention.

### Mindful Minis Moment

Instead of saying "calm down," try:  
"Let's watch what happens together."

# Mindful Minis



CALM

## Listening Detective

### You'll Need

Nothing

### What To Do

Sit quietly together and become listening detectives.

See if you can hear:

- A bird outside
- The refrigerator
- Footsteps
- Wind
- A dog barking

### What It's Building

- Attention
- Mindfulness
- Listening skills

### Why This Helps

Focusing on sounds helps children slow down and become more aware of their surroundings.

### Mindful Minis Moment

There are no wrong answers. Every child notices something different.

# Mindful Minis



CALM

## Cozy Sensory Bin

### You'll Need

Choose one:

- Rice
- Oats or cereal
- Pom poms (supervised at all times)
- Dry or cooked pasta

Add:

- Cups
- Scoops
- Containers

### What To Do

Invite your child to scoop, pour, transfer, and explore at their own pace.

### What It's Building

- Focus
- Fine motor skills
- Sensory regulation

### Why This Helps

Repetitive sensory play can feel organizing and soothing for many children.

### Mindful Minis Moment

Sit nearby and join their play without directing it.

# Mindful Minis



CALM

## Gentle Stretch Adventure

### You'll Need

Nothing

### What To Do

Move your bodies slowly together.

Try:

- Reach for the stars
- Touch your toes
- Curl into a tiny bug
- Stretch like a cat
- Sway like a tree

### What It's Building

- Body awareness
- Balance
- Self-regulation

### Why This Helps

Slow movement helps children notice their bodies and transition into calmer states.

### Mindful Minis Moment

Move slowly enough that your child can truly feel the stretch.

# Mindful Minis



CALM

## Goodnight to the Day

### You'll Need

Nothing

### What To Do

Before bedtime, take turns sharing:

- Something that made you smile
- Something you enjoyed
- Someone you loved spending time with

For younger toddlers, simply help them point or choose.

### What It's Building

- Reflection
- Emotional awareness
- Connection

### Why This Helps

Simple reflection helps children begin noticing positive experiences and strengthens connection before sleep.

### Mindful Minis Moment

Share your own answers too. Children love hearing about your day.

Mindful Minis



# What's Next?

**We hope these activities have helped you discover something we believe deeply at Mindful Minis:**

**Children don't need perfect activities.**

**They need opportunities to connect, move, explore, create, and find calm through everyday moments.**

**This guide includes 30 activities, but meaningful learning happens in countless ways throughout childhood.**

**That's why we are creating the Mindful Minis App.**

**Designed for busy caregivers, the Mindful Minis App helps you find simple, play-based activities based on your child's age, interests, and needs in the moment. You'll find quick, engaging activities designed to support social-emotional development through play.**

**Because meaningful growth doesn't require perfection.**

**Just small moments of connection.**

**Mini Moments. Meaningful Growth.**

**Join our community and follow us on social media to be the first to know when the Mindful Minis App launches.**

*You are doing  
an amazing job.*

Mindful Minis

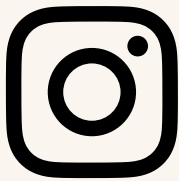


# Let's Stay Connected!

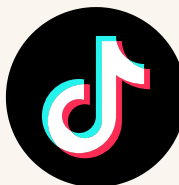
For more tips, classes,  
and resrouces visit us online.



**[www.mindfulminis.llc](http://www.mindfulminis.llc)**



**[@mindful.minis.sel](https://www.instagram.com/mindful.minis.sel)**



**[@ms..lucy4](https://www.tiktok.com/@ms..lucy4)**

# Mindful Minis



**You don't need to be  
a perfect parent  
to support your  
child's growth.**

*Just be present.  
Just play.  
Just love.*

