

Kids Activity Pack

Low-Prep, Low-Mess Fun for Busy Families

Busy Life Planner Hub | Diana

Tools That Make Life Flow

Kids don't need complicated activities — they need simple, engaging moments that spark creativity and burn energy. This pack includes three low-prep, low-mess activities you can use anytime you need a quick win.

What You'll Find Inside:

- Activities that take under 10 minutes to set up
- Materials you already have at home
- Options for different ages
- Fun that works on busy days

ACTIVITY 1: COLOR HUNT

Age Range: 2–10

Time: 10 minutes

Materials: None

Instructions:

1. Choose a color.
2. Set a 3-minute timer.
3. Kids run around finding objects in that color.
4. Repeat with a new color.

Example:

Choose the color **red** and say, “Find five red things!” Kids might bring you a red toy car, a book, a shoe, or point to a pillow or shirt. When the timer ends, switch to another color like **blue** or **green** and play again.

Why It Works:

- Burns energy
- Builds focus and observation skills
- Works indoors or outdoors

ACTIVITY 2: PAPER TOWEL ROLL TELESCOPE

Age Range: 3–8

Time: 15 minutes

Materials: Paper towel roll, markers, stickers

Instructions:

1. Decorate the paper towel roll.
2. Pretend to explore the house or backyard.
3. Encourage kids to "discover" new things.

Example:

After decorating the roll, tell your child they are an **explorer** or **pirate**. Have them look through the “telescope” to spot animals, colors, or objects — like “I see a cat!” or “I discovered a green plant!” You can even ask questions like, “What do you see next?”

Why It Works:

- Encourages creativity and imagination
- Great for pretend play
- Zero mess

ACTIVITY 3: SOCK TOSS GAME

Age Range: 3–12

Time: 10 minutes

Materials: Laundry basket, rolled socks

Instructions:

1. Roll up several pairs of socks.
2. Place a laundry basket a few feet away.
3. Kids toss socks into the basket.
4. Increase distance for a challenge.

Example:

Place the basket about **3–5 feet away** and let kids toss 10 rolled socks into it. Count how many go in and cheer them on. For older kids, move the basket farther back or make it a game by earning a point for each successful toss.

Why It Works:

- Improves coordination
- Burns energy
- Easy indoor activity

ABOUT BUSY LIFE PLANNER HUB

Our Mission:

To help busy families create simple, sustainable routines that make life flow.

What We Believe:

- Structure should support your life, not control it
- Small steps create big change
- Parents deserve tools that make everyday life easier

Explore More Tools:

Visit the Busy Life Planner Hub for planners, routines, meal guides, kids activities, and more.