



14 DAYS OF PLAY!

Your age tailored, action-packed, imagination-boosting, skill-building guide to two weeks of fun, learning, and creativity!

**EDUCATE, ENTERTAIN
& ENCOURAGE**

Please note: Adult supervision is required

JAQUES
L O N D O N

DAY 1

KITCHEN TREASURE HUNT

What You Need: Wooden spoons, Plastic cups, Pots, Lids



Your kitchen is secretly the ultimate playground! This treasure hunt helps boost sensory development, fine motor skills, and problem-solving while turning everyday objects into exciting discoveries.

- 0–12 MTHS** Let babies feel different kitchen textures—wooden spoons, cool metal pots, crinkly cupcake liners. Let them listen to gentle tapping sounds—watch their eyes light up as they experience cause and effect!
- 1 YR** Hide a spoon under a cup and encourage your little one to discover the hidden treasure! This builds early problem-solving skills and object permanence (the idea that things still exist even when they can't see them).
- 2 YR** It's stacking time! Challenge them to nest cups, stack them high, and knock them down—cue the giggles!
- 3 YR** Create a mini drum set using pots and wooden spoons. Take turns copying rhythms—"tap-tap, boom-boom"—a fun way to develop memory and coordination.
- 4 YR** Turn it into a sorting challenge—group objects by size, shape, or material (all spoons together, all lids together, etc.). Sorting is a key early math skill!
- 5 YR +** Welcome to the kitchen band! Have them experiment with different sounds—which ones are loud? Which are soft? Can they make a song with different pot "drums" and lid "cymbals"?

DAY 2

ULTIMATE BOX CHALLENGE

What You Need: Any old box, Crayons, Stickers



A simple cardboard box is endless possibilities in disguise—a spaceship, a secret hideout, or a race car! This activity sparks imaginative play, problem-solving, and creative thinking.

- 0–12 MTHS** Place a baby on their tummy inside the box with a few soft toys. It creates a cozy tummy-time space while helping them explore a new "environment"!
- 1 YR** Encourage them to crawl in and out of the box—practicing spatial awareness and coordination. Peekaboo moments are guaranteed!
- 2 YR** Time to decorate! Hand them crayons and stickers to turn their box into something magical—a house, a boat, or even a robot suit!
- 3 YR** Help them cut out a door and windows and create a playhouse. Ask, "Who lives inside?" to encourage role-play!
- 4 YR** Set up an obstacle course with boxes—crawl under, jump over, and climb through! A fantastic way to boost coordination and balance.
- 5 YR +** Engineering challenge! Can they build a multi-box structure? Test which box is strongest—can they sit on it? Stand on it? Let them experiment with balance and weight!

DAY 3

WATER PLAY EXPERIMENT

What You Need: Cups, Spoons, Bowls, Water



Water is one of the best sensory materials—it's soothing, interactive, and full of learning possibilities! This activity builds fine motor skills, hand-eye coordination, and early science concepts.

- 0–12 MTHS** Let babies splash, swish, and pat the water. Feeling the ripples and watching the movement helps with sensory development.
- 1 YR** Give them two cups and let them transfer water back and forth. It's a fun way to build grip strength and coordination!
- 2 YR** Add ice cubes and let them watch them melt—they'll be fascinated by the change! Ask, Is it cold? Where did the ice go?
- 3 YR** Time for sink or float! Have them guess whether different objects will stay on top or sink to the bottom—early science exploration!
- 4 YR** Create a pouring station with different sized cups. Ask, Which cup holds the most water?—introducing measurement concepts!
- 5 YR +** Hand them a stopwatch—how fast can they fill a cup? Can they pour slowly vs. quickly? Challenge them to predict the time for a cup to fill!

DAY 4

NATURE'S TREASURES

What You Need: Leaves, Sticks, Rocks, Flowers



Nature is the best free play resource—it's full of textures, colors, and hidden surprises! This activity encourages observation, creativity, and outdoor exploration.

- 0–12 MTHS** Let them feel and crinkle leaves, smooth rocks, or fuzzy flowers—it's a sensory delight!
- 1 YR** Create a mini nature basket and let them explore each object—talk about how it feels, smells, and sounds!
- 2 YR** Introduce sorting skills—group objects by size, color, or texture (smooth vs. rough, big vs. small).
- 3 YR** Make a nature collage by gluing leaves, flowers, and sticks onto paper. Let them design their own outdoor masterpiece!
- 4 YR** Create leaf rubbings! Place a leaf under paper and color over it with a crayon—watch the texture appear like magic!
- 5 YR +** Start a nature journal—describe how leaves feel, draw different plants, and observe the little details of the outside world.

DAY 5

SOCK PUPPET THEATRE

What You Need: Old Socks, Buttons, Glue, Felt



Puppets are an amazing tool for storytelling, role-play, and emotional expression. Kids will create, imagine, and perform —plus, it's a great way to boost confidence!

- 0–12 MTHS** Wave a simple sock puppet around while using different voices—watch your baby giggle and engage!
- 1 YR** Play peekaboo with the sock puppet—pop it out and say, Hello! Then hide it again. Simple social interaction play!
- 2 YR** Let them feed the puppet—pass it small toys or pretend to give it food. Encourages early role-play!
- 3 YR** Time for a mini puppet show! Help them create a short story with the puppet talking to different characters.
- 4 YR** Have them make up a story for their puppet—who are they? What’s their adventure today? Let them be the storyteller!
- 5 YR +** Full puppet performance! Set up a stage, create characters, and put on a show for the family—encourages public speaking and creativity!

DAY 6

DIY SENSORY BOTTLES

What You Need:

Plastic bottles, Glitter, Rice, Small Pebbles, Marbles, Water

★ Encourages Focus

★ Develops Creativity



Safety Note: Always ensure adult supervision when making sensory bottles. Be extra careful to securely seal the lids, especially when using water or glitter, to avoid spills!

**0–12
MTHS**

Fill a bottle with glitter and water and gently shake it. Let them watch as the sparkles swirl and settle—perfect for visual tracking development!

1 YR

Add different materials (rice, pasta, beans) and shake the bottle—encourage them to listen to the different sounds! Which one is louder/quieter?

2 YR

Hand them a few empty bottles and let them fill them using spoons—an amazing way to practice scooping, pouring, and fine motor control!

3 YR

Introduce colour mixing! Add a drop of food colouring and let them see how the water changes when you shake the bottle.

4 YR

Create different types—one with oil & water, one with rice & beads, and one with glitter & water. Ask: Which one moves fastest or slowest?

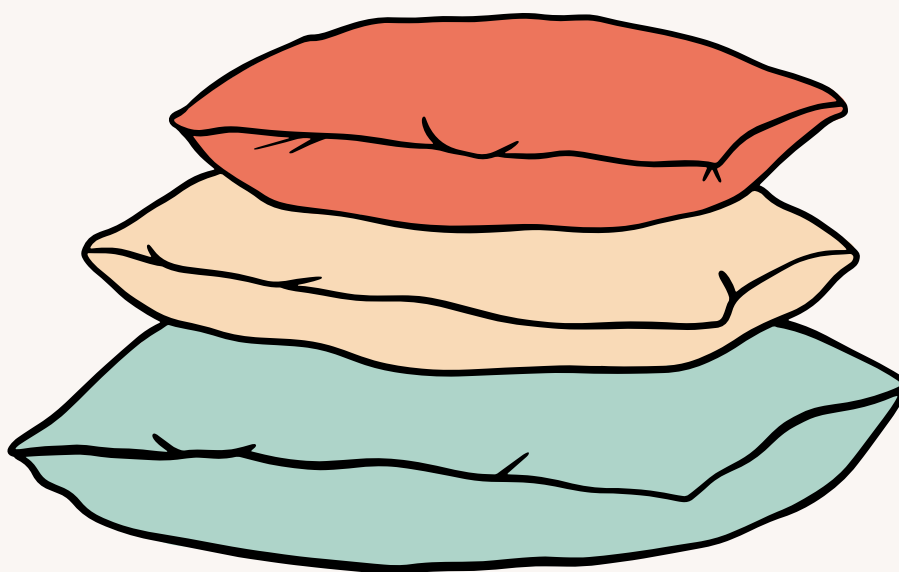
5 YR +

Let them design a “calm-down bottle”— choosing colours, objects, and materials that make them feel happy or relaxed. A great tool for self-regulation!

DAY 7

PILLOW FORT BUILDING

What You Need: Cushions, Blankets, Chairs



A fort is more than just a pile of cushions—it's a castle, a spaceship, a secret hideout! This activity boosts creativity, problem-solving, and teamwork while creating a cozy, safe space for imaginative play.



**BUILD A
NEW
WORLD!**

- 0–12 MTHS** Lay out soft cushions and blankets and let your baby explore different textures. Make a small enclosed space where they can practice tummy time.
- 1 YR** Encourage them to crawl through tunnels made from chairs and blankets. Can they find their way out? A fun maze to navigate together!
- 2 YR** Get a flashlight and let them create shadow play inside their fort! Let them bring in stuffed animals and turn it into a magical storytelling cave.
- 3 YR** Give them some “building challenges”—can they make a doorway? A roof? Let them experiment with structures and stability!
- 4 YR** Time to pretend! Is this a secret pirate ship? A winter cabin? A space station? Let them assign roles and create a mini-adventure.
- 5 YR +** Turn it into a sleepover fort! Set up fairy lights, pillows, and a snack station—the ultimate DIY cozy retreat!

DAY 8

ICE CUBE MAGIC

What You Need: Ice Cubes, Warm Water, Bowls

★ Teaches Scientific Concepts about Temperature



This is a simple science experiment that teaches temperature changes, melting, and sensory exploration—plus, kids love playing with ice!

**0–12
MTHS**

Give them an ice cube to hold, touch, and explore! Watch their reaction as it melts in their hand—a fun new texture experience.

1 YR

Let them drop ice cubes into warm water—watching them melt and disappear. Can they grab them before they're gone?

2 YR

Add food colouring to the ice cubes before freezing—watch them melt into swirls of colour!

3 YR

Freeze small toys inside ice cubes—let them "rescue" them by pouring warm water over the ice or chipping away at it with a spoon!

4 YR

Try a melting race! Place one ice cube in a warm spot and another in a cold spot—which one melts first?

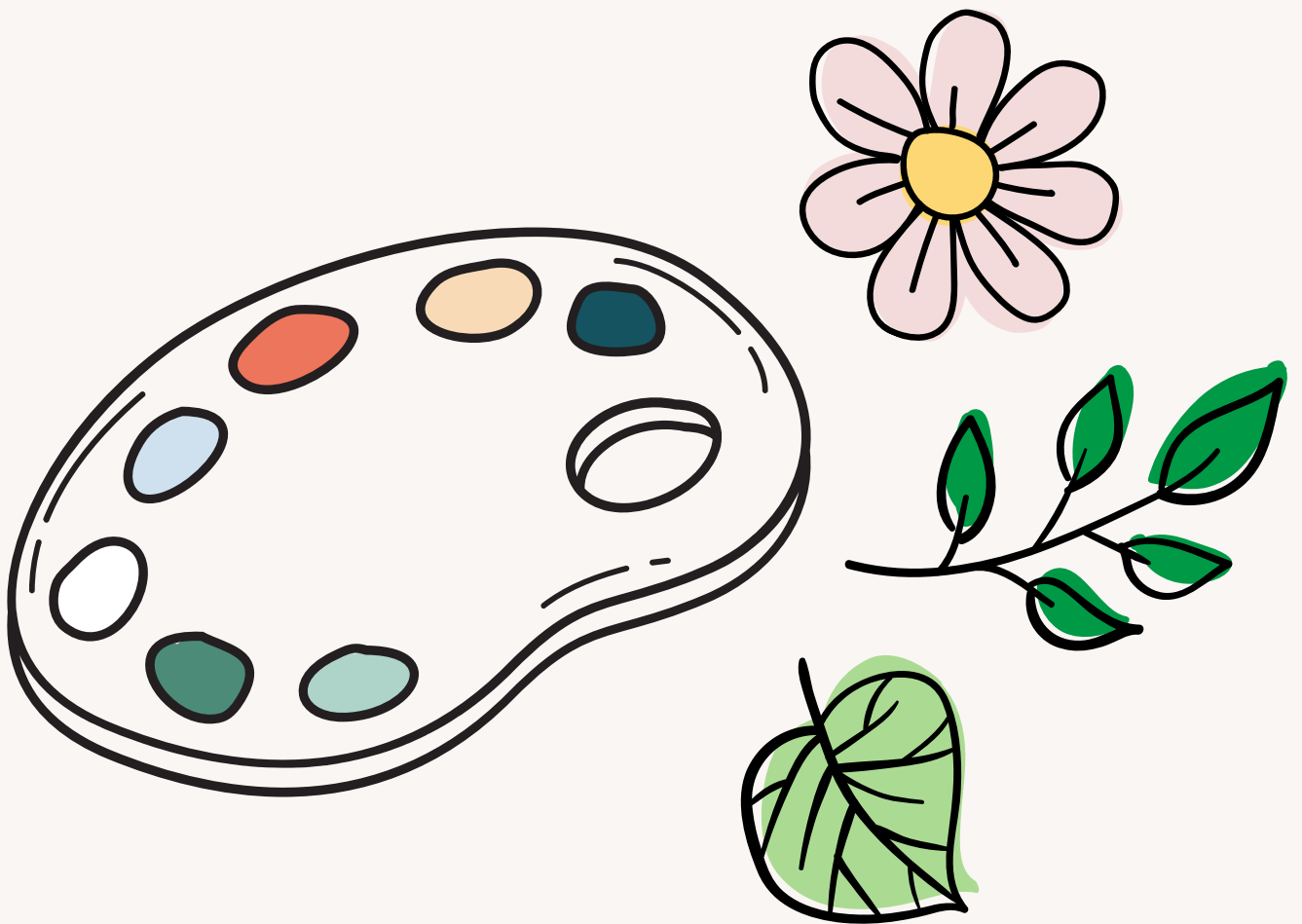
5 YR +

Let them experiment—how does salt affect melting? What about sugar? Let them guess the results before testing!

DAY 9

NATURE PAINTBRUSHES

What You Need: Twigs, Leaves, Flowers, Paint & Paper



**0–12
MTHS**

Let them feel the different textures of leaves and twigs—soft, rough, smooth—perfect for sensory development!

1 YR

Dip leaves into paint and stamp them onto paper to create colourful nature prints!

2 YR

Tie small twigs together with string to make a nature paintbrush—watch how different materials create unique strokes!

3 YR

Use flowers as stamps! Dip them in paint and press them onto paper to see their natural patterns.

4 YR

Challenge them to paint a simple picture using only their nature brushes—how does each texture change the look of the painting?

5 YR +

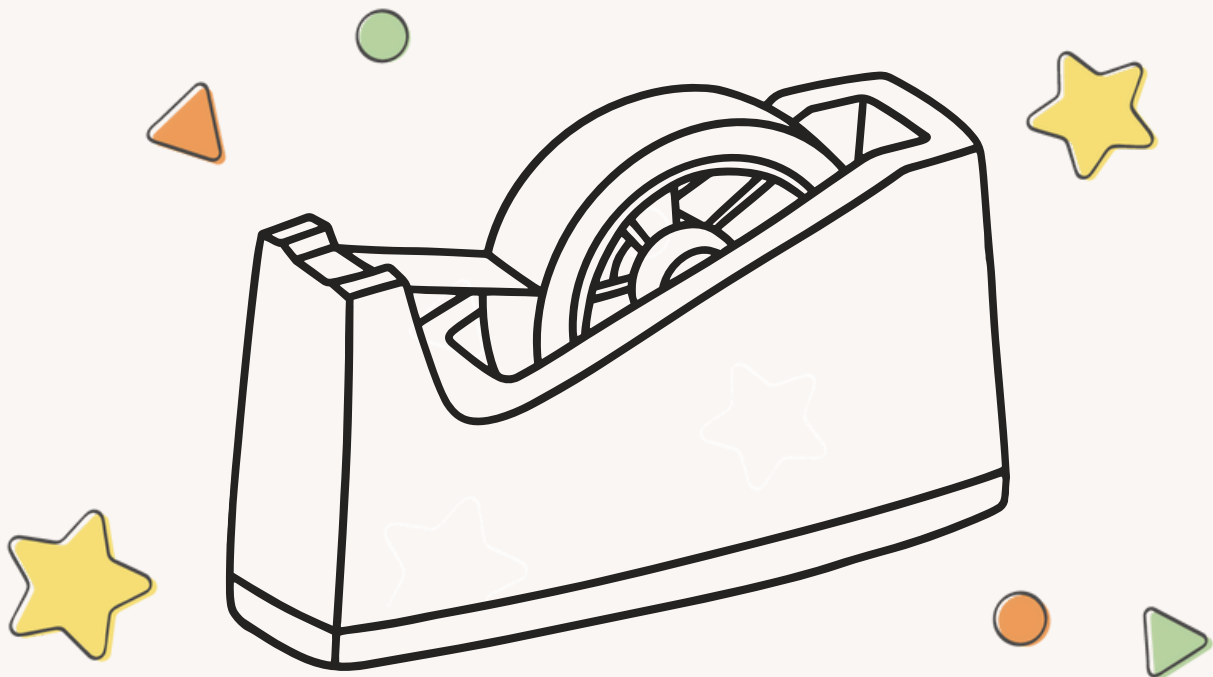
Try painting with mud, crushed berries, or natural dyes—explore how colours can come from nature itself!

DAY 10

STICKY TAPE

FUN

What You Need: Masking Tape, Small Toys



This activity strengthens fine motor skills, patience, and problem-solving while creating an engaging rescue mission!

**0-12
MTHS** Stick a strip of tape to the floor and let them pull them off - a fun way to practice finger movements!

1 YR Tape small objects to a tray and encourage them to “rescue” them by peeling the tape!

2 YR Make a mini maze on a table with tape - can they guide a toy car through it?

3 YR Create a “Spiderweb” using tape across a doorway - can they throw soft balls through it?

4 YR Use tape to create letters and numbers on the floor - can they trace over them with their fingers?

5 YR + Design a sticky tape obstacle course - can they jump over the tape, crawl under it, and navigate around it?

DAY 11

BALLOON SCIENCE

What You Need: Balloons, Vinegar, Baking Soda, Bottle, Funnel



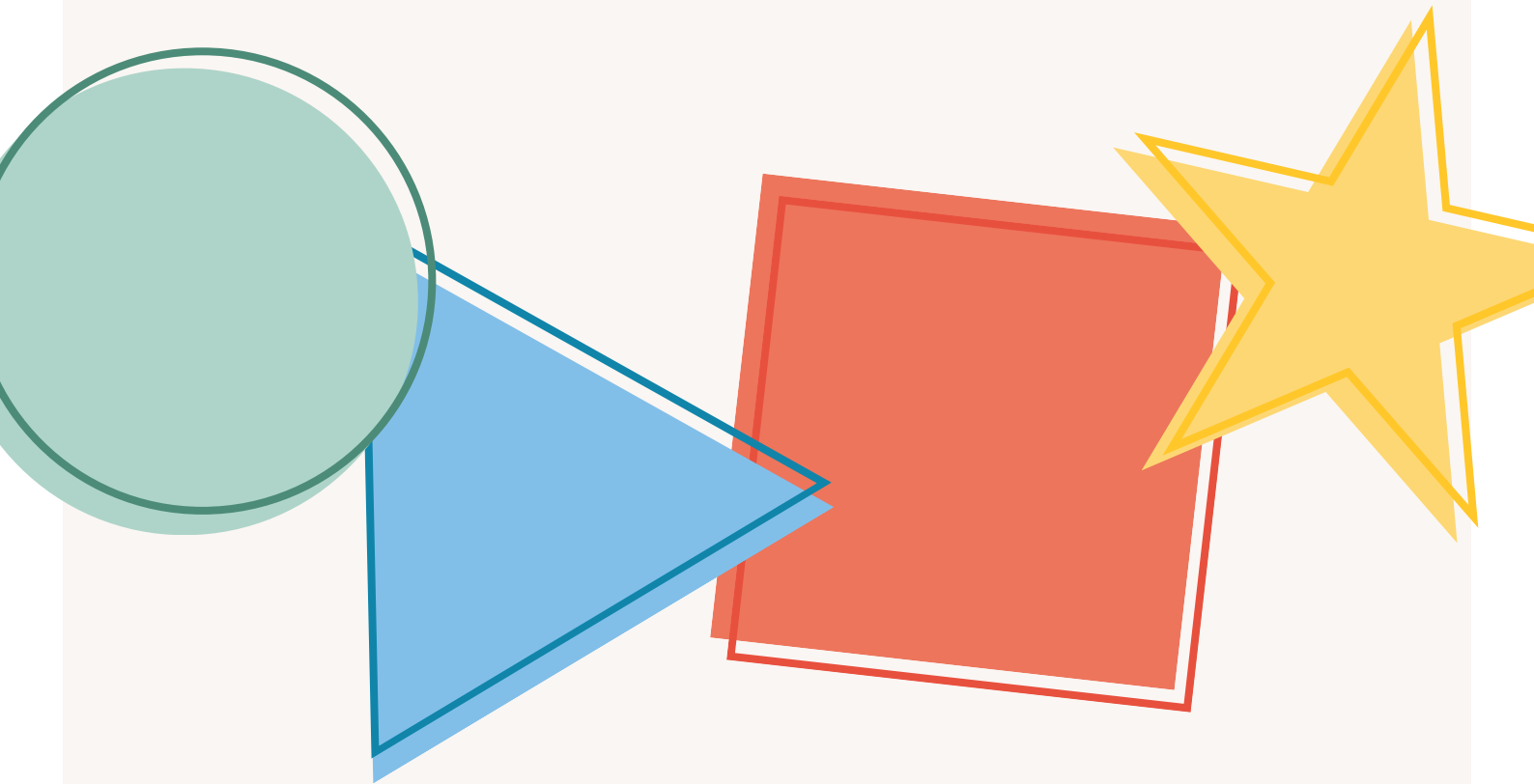
This is a simple but exciting way to introduce basic science concepts to kids while keeping them entertained. The reaction between vinegar and baking soda creates carbon dioxide gas, which inflates the balloon—like magic (or science)!

- 0-12 MTHS** Let babies touch and explore the balloon. Gently move it in front of them, letting them track it with their eyes.
- 1 YR** Blow up a balloon and quickly release the air out by letting it go. They'll love watching it zoom around the room!
- 2 YR** Allow toddlers to drop baking soda into a bottle using a spoon. Let them watch as you add vinegar and see the balloon magically inflate.
- 3 YR** Let them predict what will happen before the reaction. Ask, Will the balloon grow bigger? Will it pop? Then afterwards discuss what they saw.
- 4 YR** Show them how to measure the vinegar and baking soda before adding them to the bottle.
- 5 YR +** Let them experiment! What happens if you change the amount of vinegar? Can they find a way to make the balloon inflate faster or slower?

DAY 12

SHAPES HUNT

What You Need: Paper, Markers, Tape, Scissors



This activity turns the home into an interactive learning space where kids can identify shapes in real life—a fundamental skill in early childhood development!

- 0-12 MTHS** Draw large, contrasting shapes (black circle, red square, etc.) and hold them up while naming them aloud.
- 1 YR** Cut out basic shapes and stick them to the floor with tape. Encourage them to crawl or walk to them as you call them out.
- 2 YR** Walk around the house together and find real objects shaped like a circle, square, or triangle (plates, cushions, books).
- 3 YR** Turn it into a treasure hunt - give them a simple checklist and let them find as many shapes as possible.
- 4 YR** Introduce 3D shapes like spheres & cubes. Find them in everyday items (a ball is a sphere, a cereal box is a rectangular prism!).
- 5 YR +** Challenge them to trace the different shapes they find around the house onto paper and label them.

DAY 13

MUSIC MAGIC

What You Need: Music, Open Space



A fun and active game that helps with listening skills, body coordination, and following instructions. It's also a great way to burn off some extra energy!

**BOOST THEIR
LISTENING
SKILLS!**

**0-12
MTHS**

Hold or sit with your baby and gently move to the rhythm of the music. Let them feel different tempos!

1 YR

Hold their hands and dance together, then pause the music and gently stop moving. Watch their reaction and encourage them to stop moving too!

2 YR

Let them dance freely! When the music stops, they must freeze in place. Repeat with different songs and speeds.

3 YR

Add an extra challenge -when the music stops, they must strike a pose (big, small, funny, animal pose, etc.).

4 YR

Introduce new movement rules, e.g., "When the music plays, hop like a bunny! When it stops, freeze!"

5 YR +

Turn it into a group challenge - who can stay the stillest when the music stops? See who can be the most creative with their moves!

DAY 14

OBSTACLE COURSE

What You Need: Chairs, Pillows (ant other household items)



A fun and active game that helps with listening skills, body coordination, and following instructions. It's also a great way to burn off some extra energy!

- 0-12 MTHS** Create a soft tummy-time path with pillows and encourage them to reach or crawl toward an object at the end.
- 1 YR** Set up a low cushion path to step or crawl over. Use tape on the floor to mark a path to follow.
- 2 YR** Arrange pillows and chairs to climb over or crawl under. Let them practice balance by walking on a tape line.
- 3 YR** Add a jumping station (using safe mats or cushions) and a tunnel to crawl through. Time how fast they can complete the course!
- 4 YR** Include specific actions at each station (e.g., "Do five jumps here!" or "Spin around three times!").
- 5 YR +** Let them design their own course using furniture and toys. Have them write down the "rules" for their course and challenge people to try it!