



The Best Quiet Time Activities

BY SARAH NOFTLE

Just before I share with you some actual activities, I thought it would be a good idea to share a few guidelines that I have found very helpful in my Quiet Time journey.

1. **TV and Quiet Time.** For a little while, I would use the TV for Quiet Time. But the thing with offering screens during Quiet Time is that the benefits (and results) were super minimal for my boys. Sure, in the moment my boys were quiet, so I got some quiet, but they did not have time to recharge and rest. They didn't gain any of the benefits from Quiet Time actually - and because of that, they were quick to get hyper or meltdown afterwards.

For that reason, I have found that **using screens is simply not a great way to spend Quiet Time.** Instead, we opt for simple (super simple) activities that are also super engaging.

2. **Making it Special.** When beginning to establish Quiet Time we **select certain toys or activities that are only available during Quiet Time.** Goodness does that ever make those toys special! I would make up 3 Quiet Bins and my little ones would get to choose one bin to enjoy.

We kept the Quiet Time nice and short at first (as we discussed in the last post on how to establish Quiet Time), which kept those bins nice and exciting and fresh! They were so eager for Quiet Time so they could either continue being creative with their bin from before, or choose a brand new bin to explore.

3. **Mess Free for Mama.** I always keep Quiet Time activities fairly mess free. What good is quiet time for me if I then spend half an hour cleaning up? I prefer to keep messy activities as things we do together.
4. **Bins and Boxes.** I believe Quiet Time activities should be nice and simple for little ones to put away all on their own. That is why we use bins or boxes. After our Quiet Time is over, my little ones know they need to put everything back into their bins before they are truly done their rest time.
5. **Creative and Imaginative.** I also like to keep Quiet Time activities creative and imaginative. While I do offer Quiet Bins to my little ones that have learning elements - such as letters and numbers - I ensure that these activities can be used in any way my child chooses. They are totally open ended. There is no "right" or "wrong" way to do an activity - they are free to explore the bins any way they choose!
6. **Adding Little People.** Personally, I adore adding little people into almost any of my quiet bins when the bins are directed at toddlers. That little subset of tiny people have so many emotions and feelings to work out! Having little characters available for play is **a fabulous way to encourage toddlers and all children to work through some big emotions,** issues, and daily life dramas.

These were the guidelines I used when I wrote both of my Quiet Time eBooks.





Some of My Favourites

I have so many Quiet Time ideas on my blog! I thought I would share just a few of my favourites right here to get you started:



Popsicle Sticks & Clothespins

You can't get much simpler than that! But goodness the possibilities. Add in a few little farm animals and let little imaginations take over.

Popsicle Stick Paddocks

If you happen to have a toy barn, add that in too! Little ones will get lost in an imaginative farm world where they create pens and paddocks for all their farmyard animals. I love listening to the stories that come from children while playing this quiet time activity.

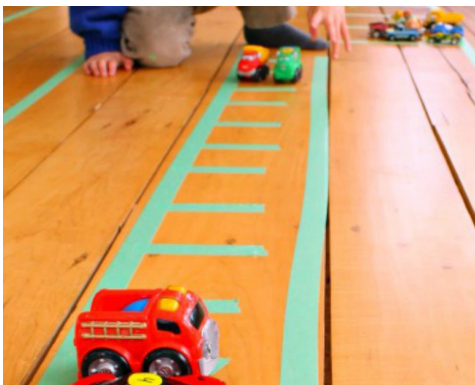


Pipecleaners & Buttons

Twist a few pipecleaners to form a tree and add to a bin of buttons. The buttons are fun to put on the tree and take off again, and they are also great for putting on straight pipecleaners to make bracelets too. Not to mention the lining up, sorting, and counting that is bound to occur.

Cutting Bin

It's no surprise that young children love practising their cutting skills. Add some ribbon, strips of paper, feathers, tissue paper, and even fabric to a bin along with some child safe scissors and let those little ones snip away.



Painters Tape & Cars/Trains

Pop some painters tape on the floor in the shape of a road or a train track and add little cars or trains. You could also add a barn or little house and some people or farm animals for endless opportunities for creative Quiet Time.

Please be mindful of safety. If your child is young, activities involving buttons or other small parts need to be supervised or avoided.





There you have it friends - let your Quiet Time begin!
Please remember I am only an email away:

HowWeeLearn@gmail.com

You can do this - and your little ones will be all the calmer and
happier because of it (and I do believe you might be too)!

It is with great honour and happiness that I now crown you a

Quiet Time Queen.

Congratulations Mama! You've got this.

Sarah xx

And if you are looking for more FUN
and LEARNING for your preschooler,
be sure to check out my:

[Quiet Time Mastery Bundle!](#)

