

Fidgitables

Parent Hub Fridge Activity Checklist

Tick with a whiteboard marker. Wipe clean and play again!

Week: _____

Gross Motor Skills

Big body movement for balance, strength and coordination.



The Living Room Tightrope

Walk along a tape/yarn line: forward, backward and sideways.



The Balloon Volley

Keep a balloon in the air using hands, elbows or knees.



Animal Walks

Try crab walks, bear crawls and frog hops across the room.

Brain-Challenging Exercises

Fun focus, memory, listening and problem-solving practice.



The "What's Missing?" Game

Place objects on a tray, remove one, then guess what disappeared.



The Sound Safari

Close eyes, listen for one minute, then name all the sounds heard.



Simon Says with a Twist

Follow two-step or three-step directions in the correct order.

Fine Motor & Pre-Writing Readiness

Tiny hand muscles for pencil grip, control and confidence.



The Kitchen Tweezer Rescue

Use tongs or tweezers to move small items into an egg carton.



Resistive Playdough Shapes

Hide small beads/coins in playdough and dig them out with fingers.



Water Spraying

Use a spray bottle to water plants or spray the shower wall.

Language & Foundation Literacy

Sound play, rhymes and simple words for reading readiness.



I-Spy Sound Safari

Find things around the room that start with a chosen sound.



Word-Building Chef

Mix letter sounds together to build simple three-letter words.



Rhyme Time Tennis Match

Take turns saying words that rhyme, like cat, hat and mat.