FREE RESOURCE 04

Play While You Wait

You don't need supplies to play.

Play can happen anywhere.

Screen-free play while waiting does not require a bag of toys or carefully planned activities. Children and adults can play with words, imagination, movement, sounds, and one another.

Playing together is one way to enjoy a wait, but adults don't need to provide constant entertainment.

What can no-supplies play look like?

INFANTS & TODDLERS

Peekaboo, imitation, silly sounds, simple finger games, clapping patterns, and copying faces or movements.

WORD PLAY

Rhymes, categories, guessing games, silly words, and taking turns naming things that begin with a sound.

IMAGINATION PLAY

Make up a story together, invent a character or animal, pretend you are somewhere else, or ask a playful 'what if?' question.

PEOPLE PLAY

Copy Me, funny faces, hand-clapping or tapping patterns, Rock-Paper-Scissors, and simple movement games when the setting allows.

Play doesn't have to be planned.

A few minutes of simple play can make waiting more enjoyable and create opportunities for connection, language, imagination, and laughter. Follow the child's interest and choose what fits the setting.

AND WHEN NO ONE FEELS LIKE PLAYING, THAT'S OKAY TOO.

Adults don't have to provide constant entertainment. Sometimes we can play. Sometimes we can talk. Sometimes children can have a little space for their own thoughts and ideas.