



# **Baby Boredom Busters**

**31 days in a month**

**1 activity a day**

**5 minutes a day**

**31 daily ideas to keep your infant learning and  
discovering with everyday objects at home!**



**Do 1 activity; every day, all month!**  
**Place the objects in front of your infant.**  
**Let them explore and discover using**  
**their senses for independent learning to**  
**occur.**

# Day 1

**Plastic spoons**

**Plastic plates**

**Plastic bowls**

**Senses used: Touch and Sight**

**Teaches infant: Fine-motor skills, hand-eye coordination in grasping, & everyday tactile items**

# Day 2

**Pipe cleaners**

**Cotton balls**

**Senses used: Touch and Sight**

**Teaches infant: Fine-motor skills, Texture learning, dimensional objects (long and round), & hand-eye coordination in grasping and pinching objects**

# Day 3

**Kitchen spoons**

**Measuring cups and spoons**

**Spatulas**

**Senses used: Touch and Sight**

**Teaches infant: Fine-motor skills, hand-eye coordination in grasping, & household tactile items**

# Day 4

**Popsicle sticks (fat, skinny, & colorful)**

**Senses used: Touch, Sight, and Hearing**

**Teaches infant: Fine-motor skills, banging sticks makes sounds, object permanence, dimensional object feeling (thick & thin), & hand-eye coordination to pick them up and grasp them**

# Day 5

## Colored washed cloths

Senses used: Touch and Sight

Teaches infant: Fine-motor skills, colors, & texture of cloth (soft)

# Day 6

## Plastic straws

Senses used: Touch, Sight, & Taste

Teaches infant: Fine-motor skills, taste of plastic, learning how to blow and suck, & hand-eye coordination using a finger-pinch to pick them up and grasp them



# Day 7

## Bubbles

**Senses used: Touch and Sight**

**Teaches infant: Fine-motor skills to pop bubbles, object permanence, & following objects using eye-coordination**

# Day 8

**Water**

**Sponges**

**Large bucket**

**Senses used: Touch and Sight**

**Teaches infant: Fine-motor skills, feeling of wet, object permanence squeezing water from a sponge, trial and error, & hand-eye coordination to grab sponges in the bucket of water**

# Day 9

**Large Rocks**

**Large Sea Shells**

**Senses used: Touch and Sight**

**Teaches infant: Fine-motor skills, textured objects, concept of feeling (hard/smooth/rough), concept of weight (heavy/light), & nature exploration**

# Day 10

**Empty recycled food boxes**

**Empty food containers or jugs**

**Senses used: Touch and Sight**

**Teaches infant: Fine-motor skills, everyday tactile items at home, making connections with real-word reading with environmental food print, & trial and error opening and closing containers**

# Day 11

**Empty paper towel rolls**

**Empty toilet paper rolls**

**Senses used: Touch and Sight**

**Teaches infant: Fine-motor skills, everyday tactile items at home, concept of big/small and long/short, hand-eye coordination picking up objects, & concept of round**

# Day 12

**Tissue paper**

**Gift wrap bows**

**Senses used: Touch, Sight, and Hearing**

**Teaches infant: Fine-motor skills, hand-eye coordination tearing and crumbling tissue paper, textured learning, everyday tactile items, & listening to the sound of paper (cause and effect)**

# Day 13

## Cardboard boxes

Senses used: Touch and Sight

Teaches infant: Fine-motor skills, concept of open and close, trial and error, concept of different sizes (big and small boxes), & concept of a square/cube

# Day 14

## Sticky note pads

Senses used: Touch and Sight

Teaches infant: Fine-motor skills, hand-eye coordination tearing sticky notes off pad, trial and error, & cause and effect (paper off/stick on)



# Day 15

**Keys**

**Key chains**

**Senses used: Touch, Sight, and Hearing**

**Teaches infant: Fine-motor skills, cause and effect hearing ringing and clinging of keys together, & learning with everyday tactile items**

# Day 16

## Bubble wrap paper (pops)

Senses used: Touch, Sight, and Hearing

Teaches infant: Fine-motor skills, cause and effect popping bubble paper and hearing sounds, hand-eye coordination to pop bubbles, & textured learning (bumpy/rough)

# Day 17

**Fabric (textured) squares—4”X4”**

**Senses used: Touch and Sight**

**Teaches infant: Fine-motor skills, diversity, & textured learning (smooth, soft, silk, fur, rough, lace, sand paper, shiny, &/or bumpy)**

# Day 18

## Cups with lids

Senses used: Touch and Sight

Teaches infant: Fine-motor skills, hand-eye coordination to pick up and hold cups, opening and closing lids, & stacking in and out

# Day 19

## Magazines

Senses used: Touch and Sight

Teaches infant: Fine-motor skills, hand-eye coordination to turn pages, visual diverse learning through picture telling, language development through words/letters in print, & making personal connections building prior knowledge to create new knowledge through real-life photos

# Day 20

## Pots and Pans

## Metal spoons

**Senses used: Touch, Sight, and Hearing**

**Teaches infant: Fine-motor skills, hand-eye coordination to grab spoons and bang on pans, hearing sounds of banging and dinging, cause and effect making sounds, & everyday tactile items**

# Day 21

**White paper**

**Baby food (5 different varieties)**

**Senses used: Touch, Sight, Tasting, and Smelling**

**Teaches infant: Fine-motor skills, hand-eye coordination to finger paint with food onto the white paper, taste different textures and flavors, smell a variety of scents/flavors, & cause and effect**

# Day 22

**Water**

**Colored ice cubes**

**Large dish bucket**

**Senses used: Touch and Sight**

**Teaches infant: Fine-motor skills, hand-eye coordination to grab at ice cubes floating in the water, cause and effect, trial and error, concept of cold and wet, & colors**



# Day 23

## Balls (variety of sizes)

Senses used: Touch and Sight

Teaches infant: Fine-motor skills, hand-eye coordination to grab and hold balls with full hand grasp, concept of action (roll, push, kick, throw), trial and error, concept of round, & concept of size (big/small)

# Day 24

**Laundry basket**

**Socks (diff. sizes— mix and match)**

**Senses used: Touch and Sight**

**Teaches infant: Fine-motor skills, hand-eye coordination to pick up socks and put in—or take out of—the basket, everyday tactile items, & concept of matching same socks or same sizes**

# Day 25

## Stickers

### Your infant's feet

**Senses used: Touch and Sight**

**Teaches infant: Fine-motor skills, hand-eye coordination to peel off stickers you have placed on their feet, cause and effect, & object permanence**

# Day 26

**Shapes cut out of foam sheets (use a variety of colors)**

**Senses used: Touch and Sight**

**Teaches infant: Fine-motor skills, hand-eye coordination to pick up foam shapes, colors, & shapes**

# Day 27

**Tags (cut them off old items around your house & hole punch on one end)**

**Key chain ring (put tags on it)**

**Senses used: Touch and Sight**

**Teaches infant: Fine-motor skills, hand-eye coordination to hold tags, & print awareness**

# Day 28

**Books (variety of pictures and genres)**

**Senses used: Touch and Sight**

**Teaches infant: Fine-motor skills, hand-eye coordination to turn pages, visual learning through picture telling, language development through words/letters in print, & making personal connections building prior knowledge to create new knowledge through photos**

# Day 29

## Toy cars

**Senses used: Touch and Sight**

**Teaches infant: Fine-motor skills, hand-eye coordination to pick up and hold cars, concept of cause and effect through turning the wheels using their fingers, & concept of rolling and pushing**

# Day 30

**Empty water bottles**

**Rice**

**Beans**

**Senses used: Touch, Sight, and Hearing**

**Teaches infant: Fine-motor skills, hand-eye coordination to shake bottles, cause and effect making noises with the rice/beans inside the bottles, & concept of motion**



# Day 31

**Belts**

**Shoes with Velcro**

**Senses used: Touch and Sight**

**Teaches infant: Fine-motor skills, hand-eye coordination to open/close Velcro and belts, & trial and error**