

FREE PRINTABLE

Quiet-Time & Busy-Bag Pack

10 busy-bag activity cards, calm-down yoga cards, and a quiet-time sign.

5 pages · Ages 2-6 · PDF, US Letter

Busy-bag activity cards

Cut out; pair each with a zip bag of supplies.

Pom-pom color sort

Sort pom-poms into a muffin tin by color.

Pipe-cleaner & colander

Poke pipe cleaners through the holes.

Button snake

Thread felt shapes onto a ribbon.

Counting clip cards

Clip a clothespin to the right number.

Magnetic letters + tray

Build short words on a cookie sheet.

Lacing card

Sew the shoelace through the holes.

Sticker line-up

Place a sticker on each dot.

Sorting bears

Sort by color, then by size.

Playdough mats

Make snakes to fill the shapes.

Memory match

Flip and match the pairs.

Calm-down yoga cards

Move through them slowly to settle the body.

Butterfly

Sit, soles together, flap your knees.

Tree

Stand tall, one foot on your ankle.

Cat & cow

On all fours, round and dip your back.

Star

Stand wide, arms out like a star.

Turtle

Tuck into a tiny ball and breathe.

Balloon breath

Breathe in big, slowly let it out.

QUIET TIME

20 minutes

Rules: stay in your spot, play quietly, you can rest.

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Ages 2–5 · 4–7 · 7+ · Adults

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