Play Activities for Children on Bed Rest

**Infant-Age 3**
- Mobiles
- Hand-held infant toys
- Cloth balls to throw and catch
- Bubbles
- Puppets
- Listen to music and dance with arms
- Books and videos
- Mirrors
- Play gyms
- Ride in wagon with sides

**Age 4-6**
- Face painting
- Cars, trucks and action figures
- Felt board
- Flashlights
- Casio piano
- Baggie painting (squish finger paints in Ziplock bags)
- Silly string
- Decorate casts with markers/stickers
- Magnetic boards, Magnadoodle

**Age 7-13**
- Beanbag toss
- Remote control cars
Hand-held electronic games

Make mobiles to decorate ceiling

Use easels for art and school projects

Draw with chalk, Colorforms, Etch-a-Sketch

Let child help schedule daily activities

Plan an imaginary trip (include props and costumes)

Create a scrapbook

Nerf basketball and darts with strings attached for retrieving

Make birdseed “ornaments” (peanut butter & birdseed on pinecones) to hang outside child’s window

Get a pet fish to observe
Age 13 and older

Easel for school or art projects
Access to telephone to call friends
Letter writing
Make friendship bracelets
Crossword and word puzzles
Fabric paint large T-shirt to wear over cast
Diary, journal or scrapbook
Videos /books/electronic games
Laptop computer
Decorate cast
Dry erase boards and markers
Calendar
Ceramics
Audio record stories/singing (own voice)
Walkie Talkie
Invite friends to play

Some things that work as easels

- A bed tray with a flip top
- Crayola’s portable table top easel
- Easels designed for use on beds (ask nurse)

Make An Appointment 651-290-8707 Refer a Patient 651-325-2200

This information is for educational purposes only. It is not intended to replace the advice of your health care providers. If you have any questions, talk with your doctor or others on your health care team.
If you are a Gillette patient with urgent questions or concerns, please contact Telehealth Nursing at 651-229-3890.