

# 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](#).