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)

Books, DVDs and More
Find materials about disabilities, medical conditions and support for caregivers.

Health Resources and Education
St. Paul campus, near fourth-floor skyway
651-229-3938
hre@gillettechildrens.com

Contact Us
Urgent Questions or Concerns
Telehealth Nursing
651-229-3890

Other Questions About Your Care
St. Paul Clinic patients:
Nurse Call Line
651-578-5000

Patients at Other Locations:
Contact a member of your Gillette health care team.

Appointments
651-290-8707

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.