

Quiet Time Activity Chart

Screen-free independent play for toddlers (ages 2-3)

Done	Activity	Independent Play Time
	Sticker book	10-15 min
	Busy board (latches, zippers)	15-20 min
	Soft building blocks	10-20 min
	Felt board with shapes	10-15 min
	Board books, self-browsed	10 min
	Shape sorter	10 min
	Magnetic tiles	15-25 min

Start with 10 minutes of quiet time and build up gradually — don't expect 30 minutes right away.