

Replacement Activity Planner

What does your child do instead? Write it down before you need it.

Fill this in before a difficult moment, not during one. Having a list ready makes the 'what do I do now?' question much easier to answer.

My Child's Type

- ☐ Social child (needs connection and company)
- ☐ Independent child (needs projects and challenges)
- ☐ High-energy child (needs movement first)
- ☐ Screen-hooked child (needs gradual step-down alternatives)
- ☐ Mix of: _____

Zero-Effort Activities (Require Nothing From Me)

These are already set up and ready to go. Child can access without help.

Medium-Effort Activities (Quick Setup)

These need 5 minutes of preparation but then run themselves.

Activities That Work Best for This Child

When they are bored:

When they want connection:

When they have lots of energy:

When it is bad weather:

When I have no energy:

The Activity Rotation

List what is in each box. Swap every 2-3 weeks.

Box currently out: _____

Box currently stored:

Box currently stored:

Audio Options

Audiobooks, podcasts, or music that work for this child.
