



A FREE EACHKIN FAMILY GUIDE

7 Days of Calmer, Screen-Free Play

Seven simple, low-prep invitations for children ages 3-5 - designed to help families begin, focus, create and connect.

Less pressure. More possibility.

This is not a seven-day challenge to complete perfectly. It is a set of invitations you can repeat, shorten or change to fit your child and your family's rhythm.

1

Prepare one clear start

Set out only the materials needed for today's invitation.

2

Connect, then step back

Begin beside your child. When the idea takes hold, give it space.

3

Repeat what works

Familiar activities often become deeper when children meet them again.

A note for grown-ups

Choose materials that are appropriate for your child and supervise small objects. If a child is tired, hungry or seeking closeness, connection may be more useful than independent play in that moment.

Sort and Notice

What you need: 6-10 safe household objects and a tray or cloth

THREE SIMPLE STEPS

- 1 Place the objects where your child can see each one clearly.
- 2 Ask, 'How could these belong together?' If needed, begin with color or size.
- 3 Invite a second sorting rule and notice what becomes difficult to place.

PARENT PROMPT

"Which object was hardest to place? What made you decide?"

Extend it: Let your child create a rule for you to solve.

PLAY CAN SUPPORT

Noticing, comparing and explaining choices

Build and Balance

What you need: Blocks, sturdy cups or small boxes

THREE SIMPLE STEPS

- 1 Choose one object that needs a bridge, tower or safe place.
- 2 Build a simple base together, then let your child decide what comes next.
- 3 When it falls, pause before helping and ask what could make it stronger.

PARENT PROMPT

"What changed when the bottom became wider?"

Extend it: Add a scarf river or make the bridge span a longer space.

PLAY CAN SUPPORT

Planning, testing and trying again

Pattern Hunt

What you need: Two colors of blocks, lids, socks or paper shapes

THREE SIMPLE STEPS

- 1 Begin a simple two-part pattern and leave the next space open.
- 2 Invite your child to continue it, then switch roles.
- 3 Look around the room for stripes, repeats and rhythms already nearby.

PARENT PROMPT

"How did you know what should come next?"

Extend it: Turn the pattern into claps, steps or sounds.

PLAY CAN SUPPORT

Prediction, sequencing and visual attention

A Story From Shapes

What you need: Paper, crayons and a few simple shapes or blocks

THREE SIMPLE STEPS

- 1 Choose a small character, object or shape.
- 2 Draw or build a place where it could live, hide or explore.
- 3 Ask what happens first, what changes and what happens next.

PARENT PROMPT

"Tell me about the part you like most."

Extend it: Write down one sentence exactly as your child says it.

PLAY CAN SUPPORT

Imagination, language and connection

Fix and Try Again

What you need: A simple puzzle, block model or matching challenge

THREE SIMPLE STEPS

- 1 Choose a challenge that is possible but not instant.
- 2 When your child pauses, wait a moment before offering a clue.
- 3 Use one prompt: 'Which part could you try a different way?'

PARENT PROMPT

"What did you change when the first idea did not work?"

Extend it: Ask your child to make a small challenge for an adult.

PLAY CAN SUPPORT

Flexible thinking and confidence with mistakes

The Quiet Challenge

What you need: One familiar open-ended material

THREE SIMPLE STEPS

- 1 Set out one material on a calm, clear surface.
- 2 Give a single invitation, such as 'Make something with an opening.'
- 3 Stay nearby without adding more questions while your child works.

PARENT PROMPT

"Would you like to show me now, or keep working?"

Extend it: Return to the same material tomorrow with one new constraint.

PLAY CAN SUPPORT

Independent starting and sustained attention

Show and Share

What you need: A favorite creation from this week

THREE SIMPLE STEPS

- 1 Invite your child to choose one build, drawing, pattern or story.
- 2 Ask them to show how it began and what changed.
- 3 Photograph it if they wish, then decide together whether to keep or rebuild it.

PARENT PROMPT

"What would you do differently next time?"

Extend it: Create a small family display or retell the story at dinner.

PLAY CAN SUPPORT

Reflection, language and family connection

KEEP THE RHYTHM

A calmer play week can begin again.

Notice which invitation helped your child begin most easily. Repeat it next week with one small change. Meaningful play grows through familiarity, trust and room for children to lead.

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