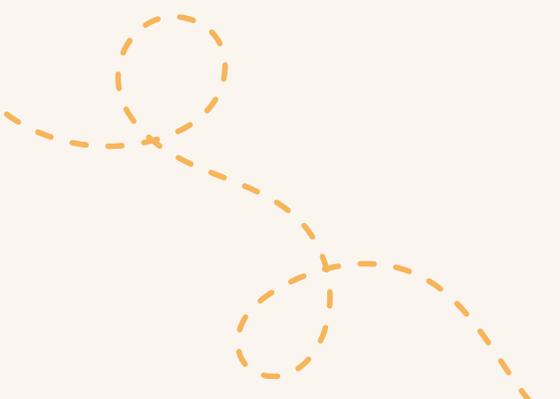


Invitation to Play Cards

Independent Play Prompts for Kids

Designed to gently spark independent play at home



Modernized Mom

How to use these Play Prompts

These cards are designed to gently spark independent play without pressure or over-direction.

You can:

- Place one card in a play area as an “invitation”
- Let your child choose one randomly
- Use them during transitions when boredom sets in
- Rotate them weekly to keep things fresh

There’s no right way to use them.

The goal is to inspire curiosity, not perfection.

Best for:

- Ages 3–8
- Independent play time
- ADHD / high-energy kids
- Low-pressure creative afternoons

ANIMAL VILLAGE BUILDER

The animals need homes! Can you build them a village?

TEDDY NEEDS A DOCTOR

You're the doctor. Teddy has a fever. Can you help?



SECRET FORT CHALLENGE

Build a secret fort. What's inside?

KINETIC SAND BAKERY

Open your own bakery! Can you make 3 desserts?

RESCUE MISSION OBSTACLE COURSE

Your stuffed animal needs help! Get it through the obstacle course!

CREATE A ZOO. WHAT ANIMALS LIVE THERE?

Build Your Own Zoo

TOY TEA PARTY TIME

Set up a tea party for your toys. Who's invited?

CASTLE CONSTRUCTION ZONE

Make a castle for your doll or superhero.

TREASURE HUNT BIN

Find all 5 hidden treasures in the bin!

PUPPET MAKER STATION

Make your own puppet. What's its name?



Parenting ADHD at Home

If you're navigating ADHD or strong-willed behaviour, you're not alone.

Join our private Facebook group:

Parenting ADHD Together

