



little ones
Life Coach

Activities for Boys

A simple collection of activities to help **brothers** build creativity, cooperation and confidence.

Things They Can Do Alone

Creative Thinking

- Lego or construction challenges
- Drawing comics or design a superhero
- Origami or paper plane design challenge
- Puzzle books (logic puzzles, Sudoku, word searches)
- Create a stop-motion video using toys

Hands-On Projects

- Build something using cardboard boxes.
- Help cook or bake something simple
- Organise or redesign their room
- Create a mini obstacle course

Things They Can Do Together

Building & Creating

- Lego build challenge together
- Build a marble run
- Create a cardboard fort or den
- Design a simple board game

Problem Solving

- Escape-room style puzzle challenge
- Create a treasure hunt for parents
- Solve riddles together
- Build the tallest tower challenge

Outdoor

- Bike ride together
- Football passing drills
- Frisbee or catch in the park

Things To Do As A Family

Quick Family Games

- Charades
- Pictionary
- 20 Questions
- Would You Rather
- Card games (*Uno*, *Dobble*)

Outdoor

- Family bike ride
- Walk with a scavenger hunt
- Football or mini cricket in the park

Creative

- Family cooking challenge
- Bake something together
- Build a family Lego project
- Create a family vision board

Learning & Exploration

- Family quiz night
- Watch a documentary then discuss it
- Stargazing together

Parent Tip: When siblings struggle to *cooperate*, try giving each child a role.

• Leader • Builder • Timekeeper • Judge

Rotating roles often reduces arguments and encourages teamwork.