

Veterans Day Activities for Kids (All Ages)

Infants (0–12 months)

1) “Uniform Colors” Sensory Squares (soft + calming)

How to implement: Provide 3–4 soft fabric squares (tan/green/navy/red/white/blue). Let babies touch one at a time while you label colors and model gentle pats.

Why it fits: Veterans Day often includes uniforms—this introduces the idea through safe sensory play.

2) Rhythm & Calm: “Drumbeat Heartbeat”

How to implement: Tap a soft drum (or your hands on your knees) in a slow steady beat while rocking. Pause and smile, then repeat.

Language: “Steady...safe...together.”

Why it fits: Honors military ceremony in an infant-safe way (rhythm, calm, connection).

3) “Thank You” Photo Moment (family choice, classroom display)

How to implement: Take a simple photo of baby holding a small paper star/heart that says “Thank you, Veterans” (teacher holds it). Display as a class collage.

Tip: Keep it optional and simple.



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Toddlers (1–2 years)

1) “March, Stop, Listen!” Self-Control Game

How to implement: Play music and say “march!” then “stop!” then “hands on belly—breathe.” Repeat 3–4 rounds.

Why it fits: Military ceremonies involve marching; this keeps it playful and builds regulation.

2) Star Sorting + Counting (Veterans Day Symbols)

How to implement: Use paper stars in 2–3 sizes or colors. Toddlers sort into bowls and count small sets (1–5).

Language: “Big star / little star.” “One, two…”

3) Thank-You Delivery Walk (classroom parade to staff)

How to implement: Toddlers carry a class-made card/banner to the office/kitchen and say “thank you!”

Why it fits: Focuses on gratitude in action, not just crafts.

Preschool (3–5 years):

1) Teamwork Mission: “Rescue the Stuffed Animal” Obstacle Course

How to implement: Create a simple course (step over tape line, crawl under table, carry a toy carefully). Kids work in pairs—one leads, one carries.

Prompt: “How did your team help each other?”

Why it fits: Highlights teamwork and careful helping—core Veterans Day values.



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2) “Service Means...” Classroom Brainstorm + Picture Chart

How to implement: On chart paper, draw simple pictures while kids finish the sentence:

- “Service means helping when...”
- “Service means being brave when...”
- “Service means working together to...”

Why it fits: Separates Veterans Day from Labor Day by focusing on *service*.

3) Gratitude Flag Mural (process art, not just a card)

How to implement: Kids sponge-paint a large flag background. Add paper “gratitude stars” with dictated messages: “Thank you for helping.”

Tip: Keep messages general and respectful.

School-Age (6+ years)

1) Veterans Day Ceremony Practice (respectful + simple)

How to implement: Teach a short “respect routine”:

- stand quietly for 10 seconds



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- hand over heart (optional)
- one sentence: “We honor veterans for serving.”
Then discuss: “How does respect look and feel?”

Why it fits: Makes the day feel unique and meaningful without heavy topics.

2) Team Challenge: “Code & Compass” Direction Game

How to implement: Tape N/S/E/W signs on walls. Call directions: “Move North 3 steps, East 2 steps.”

Add teamwork: one child reads, one moves, one checks.

Why it fits: Navigation/team coordination feels distinct from Labor Day themes.

3) Service Project: “Welcome & Care Kits” (class-made)

How to implement: Kids assemble small kits for a local organization (confirm policy): socks, toiletries, snacks, thank-you cards.

Alternative if donations aren’t allowed: make “kindness kits” for school staff or new students.

Why it fits: Service-forward and meaningful.



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