

Fun Things To Do With Kids

Restaurants where Kids Eat Free (I recommend calling ahead, as promotions can change. Most restaurants require one adult meal purchased per free kids meal, dine-in only.):

- Wellington Diner (Mondays after 4 PM)
- Broadway (call your location! They sometimes run free kids meals

Tuesdays/Wednesdays)

- Montana's (SOME locations offer \$2 kids meals on Tuesdays)
- East Side's (kids eat free or for \$2 on Tuesdays, depending on location)
- Royal Oak Pubs Stittsville & Barrhaven (Tuesdays 5-7 PM)
- Denny's (Tuesdays and Sundays 4-10 PM)
- IKEA (for "IKEA Family" members {free membership} kids eat free on Wednesdays)
- Swiss Chalet (Wednesdays)
- Kelsey's (Tuesdays, with \$2 charity donation)
- Jonny Canuck's (Sundays 4-9 PM)
- Barley Mow (Sundays)
- Royal Oak Pub CentrepoinTE (Sundays 5-8 PM)
- Zak's Diner (Sunday through Thursday, after 5 PM)
- Mandarin (free every day for kids 4 yrs and under)

Free/ very low cost outings:

- Feed chickadees/ go for a walk (West end: Sarsaparilla, Jack Pine, Lime Kiln. East end: Mer Bleue which has a beautiful boardwalk). Bring plain sunflower seeds which can be purchased from Dollarama.

- Trails for hiking, skiing, snowshoeing etc. (So many NCC options!)
- McDonald's Playplace (a few locations still open including Bells Corners, Orleans,

South Keys).

- Take advantage of the community toboggan hills, outdoor skating rinks, basketball and tennis courts

- Lots of Ottawa's rec centers have cheap drop-in swimming, rock climbing, skating, and gymnastics times. If you go Saturday, swimming/skating/gym sports are free through the "Play Free" incentive right now.

- Beaches (Britannia, Westboro, Mooney's, Constance Bay, Petrie Island)
- Ottawa Art Gallery (always free)
- Currency Museum of the Bank of Canada (always free)
- Rideau Hall (always free)
- Tour of Parliament Hill (always free); or just walk around there
- Museum of Nature (Free on Thursdays 5:00-8:00pm)

- National Gallery of Canada (Free on Thursdays 5:00-8:00pm)
- War Museum (Free on Thursdays 4:00-8:00pm)
- Canadian History Museum (Free every day 4:00-5:00pm)
- Canada Agriculture and Food Museum (Free every day 4:00-5:00pm)
- Canada Aviation and Space Museum (Free every day 4:00-5:00pm)
- Canada Science and Technology (Free every day 4:00-5:00pm)
- Ottawa Art Gallery (always free, and really nice). Find cheap Street parking or park at Rideau centre and grab ice cream or coffee and combine with a walk downtown.
- Ottawa Public Library. They have free storytime, workshops, events, classes etc at locations all across the city. AND you can borrow musical instruments, movies, museum passes, and music from them, too! <https://bibliooottawalibrary.ca/en/program>
- Home Depot: free build/craft on the second Saturday of every month. Preregistration usually required.
- IKEA Smaland free kids play area
- Pet stores (it's like a zoo outing for little kids!)
- Grocery stores with live fish/crabs/lobsters (T&T on Huntclub is my fav)
- Movie Theatres. Lots of cinemas have special deals during March break and summer like \$4 cheap old movies and matinees and special days.
- Free programming at NAC (<https://nac-cna.ca/en/discover?price=free>)
- Check out the rock sculptures at Remic Rapids (seasonal)
- Ottawa Farmers Market every Sunday at Lansdowne, all year.
- Baxter's Beach, Kars (ice cream served from a boat called "Ice Cream Float"; seasonal)
- Bring food and an activity to a park (sharpies & canvases, cards, or a game etc.).
- Head to a small town that isn't too far of a drive and do dessert and window shopping (Almonte, Perth etc.)
- Explore and/or photograph unique, fancy, or old buildings or places (hotels, libraries, gardens, churches etc.)
- Keep this page open in a browser. It gets updated each week with things going on in the city. It includes paid options, but I often find out about random street festivals and other community events like free live music and movies in the park here: <https://www.todocanada.ca/whats-week-ottawa/>
- Go garage sale/ antique/ thrift shopping. You can even make a challenge out of it.

Home inspo:

- *Paint nails*
- *Face paint/ makeup*
- *Craft kits*
- *Music*
- *Baking/ cooking*
- *Barbies/ dolls*
- *Play dough/ slime/ clay*

- *Forts*
- *Hide and seek*
- *Dance party*
- *Freeze dance or Just Dance (YouTube)*
- *Yoga or flexibility or meditation (YouTube)*
- *Picnic or livingroom picnic*
- *Make your own pizzas*
- *Sidewalk chalk*
- *Bubbles*
- *Science experiments (YouTube)*
- *Play dates with friends*
- *Google “things to do with kids”, “crafts to do with kids”, “rainy day kids activities”, “magic tricks for kids” etc for inspo. Lots of great online resources.*

Fun outings:

- *Trampoline parks (Flying Squirrel, Xtreme Trampoline etc.)*
- *Kids’ play facilities (Fun Haven, Bubblesea etc.)*
- *Rock climbing*
- *Sugar shacks*
- *Escape Manor Jr.*
- *Pottery painting*
- *Beading centers*
- *Drop in times at gymnastics centres (STARR etc.)*
- *See a show (Shenkman, CentrepoinTE, NAC, Bronson Centre, Monkey Rock etc.)*
- *Parc Omega*
- *Laser tag*
- *IMAX at the history museum*
- *Arcades*
- *VR arcades*
- *Bowling*
- *Board game cafes*
- *Dows Lake pedal boat/kayak rental*
- *Picking apples/ strawberries*
- *Farms (Valley View, Log Farm etc.)*
- *Manicure/pedicure*
- *Build-A-Bear*
- *Malls (some like Barrhaven & Carlingwood even have rental ride on animals)*
- *Dollarama (face paint, makeup, nail stuff, art supplies, stickers, craft kits)*