

# 120 Screen-Free Activities

## At Home

1. Listen to the radio
2. Write an article or story
3. Paint a picture, a mural or a room
4. Write to the President, your Representative or Senators.
5. Read a book. Read to someone else.
6. Learn to change the oil or tire on a car. Fix something.
7. Write a letter to a friend or relative.
8. Make cookies, bread or jam and share with a neighbor.
9. Read magazines or newspapers. Swap them with friends.
10. Go through your closets and donate items to Goodwill, the Salvation Army, St. Vincent De Paul or a local rummage sale. Have a garage sale.
11. Start a diary/journal.
12. Play cards.
13. Rearrange the furniture.
14. Make crafts to give as gifts. Try a new craft.
15. Do a crossword puzzle or play Sudoku.
16. Save money: Cancel your cable TV!
17. Learn about a different culture. Have an international dinner.
18. Teach a child some of your favorite childhood games.
19. Study sign language.
20. Prepare a freezer meal for a neighbor, new mother or food pantry in your area.
21. Write a letter to your favorite author.
22. Cook dinner with friends and family.
23. Make cards for holidays or birthdays.
24. Play chess, bridge or checkers.
25. Play charades.
26. Have a cup of coffee and a conversation with a friend.
27. Repair or refinish a piece of furniture.
28. Make a wooden flower box.
29. Wake up early and make pancakes.
30. Read a favorite poem. Read poems by poets new to you.



31. Get the imagination going by helping your kids write and illustrate their own book.
32. Take a ride and ask the kids to paint what they saw.
33. Draw your family tree.
34. Create costumes out of old clothes and craft scraps.
35. Build a blanket fort and tell camp-style stories.
36. Draw portraits of each other.
37. Put on a play.
38. Help the kids plan a meal that they can make.
39. Plan a living room ball and dance the afternoon away.
40. Create crafts from upcycled items like toilet paper rolls, milk cartoons, etc.

## Outdoors

41. Learn about native trees and flowers in your area.
42. Plan a picnic or barbecue.
43. Go bird watching. Learn the names of local birds.
44. Walk the dog. Wash the dog.
45. Prepare and plant a garden – even if it's just in pots!
46. Take a nature hike.
47. Feed fish or birds at Wildwood Zoo.
48. Watch the night sky through binoculars and identify different constellations. Observe the moon.
49. Learn how to use a compass.
50. Take photographs and then organize them into an album.
51. Do yard work.
52. Go camping.
53. Take an early morning walk.
54. Climb a tree.
55. Watch a sunset or watch the sunrise with a friend.
56. Play hopscotch or freeze tag.
57. Go on a scavenger hunt.
58. Play in a creek and discover what lives there.
59. Visit a "pick your own" farm.
60. Make mud pies.
61. Roll down a hill.
62. Spend an afternoon picking wildflowers.
63. Jump rope.
64. Go out for a critter walk before bedtime with a flash light.
65. Grab a blanket and watch the clouds – what shapes do you see?



## Around Town

66. Attend a community concert. Listen to a local band.
67. Visit the Everett-Roehl Library. Borrow some books.
68. Visit a local book store.
69. Visit Wildwood Park and Zoo.
70. Visit the countryside. Travel by bike.
71. Attend a religious service.
72. Walk to work or school.
73. Attend a live sports event.
74. Look for treasures at a yard sale.
75. Try out for a play. Attend a play.
76. Collect recycling and drop it off at a recycling center.
77. Learn to play a musical instrument.
78. Visit the local humane society to give love and attention to the animals waiting for new homes.
79. Explore local landmarks.



## On The Move

80. Go roller skating or ice skating.
81. Go swimming.
82. Start a community group of walks, runs or bikes.
83. Organize a game of touch football, baseball, or softball in a local park.
84. Go for a long bike ride. Play soccer, softball or volleyball. Go golfing.
85. Play Frisbee golf.
86. Workout.
87. Go dancing. Take a dance class.
88. Play tennis, pickleball or racquetball.

## In Your Community

89. Organize a community clean-up day or volunteer for charity.
90. Become a tutor.
91. Join a choir. Sing!
92. Start a bowling team at Rose Bowl Lanes.
93. Visit and get to know your neighbors.
94. Start a fiction or public policy book group.
95. Visit a local farmers market and get to know the farmers.

## With Kids

96. Make paper bag costumes and have parade.
97. Build a town with blocks or Legos.
98. Design a poster for "Just Look Up"- Screen Free Week.
99. Discover your community center or local park activities.
100. Blow bubbles.
101. Play board games with family and friends.
102. Clean and redecorate your room.
103. Make puppets out of old socks and have a puppet show.
104. Write a play with friends. Perform it at a nursing home.
105. Construct a kite. Fly it.
106. Go for a family historical excursion.
107. If it's snowing, go sledding or make a snowman.
108. Create a collage out of old magazine pictures.
109. Shoot hoops with friends. Play a round of H.O.R.S.E.
110. Make a friendship bracelet.
111. Create a cookbook with all your favorite recipes.
112. Tell stories around a campfire.
113. Plan a slumber party.
114. Bake cookies and invite friends over for a party.
115. Construct a miniature boat and float it on water at one of the Hamus Park Ponds.
116. Write a letter to your grandparents. Make a special card for a family member.
117. Create sidewalk art with chalk.
118. Everyone! Have a huge party to celebrate **Just Look Up**-Screen Free Week!!



Marshfield Clinic  
Health System

*\*\* Ideas adapted from 101 Screen-Free Activities and 50 Fun Activities Green Child Magazine \*\**