

# 100+ SCREEN FREE ACTIVITIES



## AT HOME

1. Listen to the radio.
2. Write a story.
3. Paint a picture.
4. Email your mayor.
5. Read a book.
6. Fix something.
7. Write a letter to a friend or relative.
8. Make cookies and share with a neighbour.
9. Read a magazine and then swap with friends.
10. Go through your closets and donate items to the local thrift store.
11. Start a journal.
12. Play cards.
13. Make a craft out of recyclables.
14. Do a puzzle.
15. Save money, cancel your cable TV.
16. Learn about a new culture, have an international dinner.
17. Play a board game.
18. Study sign language.
19. Write a letter to your favourite author.
20. Cook dinner for friends.
21. Make cards for birthdays.
22. Play checkers.
23. Have friends over for game night.
24. Repair or refinish furniture.
25. Make homemade playdough.
26. Look through old photographs of family.

## OUTSIDE

27. Learn about native flowers and trees in your area.
28. Have a barbeque.
29. Go bird watching.
30. Walk the dog.
31. Plant a garden.
32. Take a nature hike.
33. Feed the ducks.
34. Watch the night sky, stars, moon, satellites, and planets.
35. Learn to use a compass.
36. Take pictures of colors, shapes, patterns etc.
37. Do yard work.
38. Go camping.
39. Take an early morning walk.

40. Climb a tree.
41. Watch the sunset or sunrise.
42. Draw with sidewalk chalk.
43. Wash the car.
44. Water the garden.
45. Explore a new park.
46. Collect shells at the beach.
47. Have a water fight.
48. Build a snowman.
49. Play tag.
50. Dig in the dirt and discover all the different bugs.
51. Fly a kite

## IN THE COMMUNITY

52. Attend a community concert.
53. Visit the library.
54. Visit the local bookstore.
55. Visit the zoo.
56. Take the bus to the city/country.
57. Go to the museum.
58. Attend a religious service.
59. Walk to work or school.
60. Attend a sporting event.
61. Look for treasures at a flea market or thrift store.
62. Attend a play.
63. Collect bottle and cans and take to bottle depot.
64. Give to the local food bank.

## ON THE MOVE

65. Try geocaching.
66. Go swimming.
67. Organize a game of football, baseball, softball at your local park.
68. Go for a bike ride.
69. Learn yoga.
70. Play soccer.
71. Play Frisbee.
72. Workout.
73. Go dancing.
74. Make an obstacle course.
75. Try out a skateboard.
76. Rent a canoe and take it out on a lake.
77. Play croquet.
78. Play bocce.
79. Go ice skating or roller skating.
80. Take a self defense class.

## WITH THE KIDS

81. Make a monster mask with recycled materials.
82. Have a pajama party.
83. Organize a scavenger hunt.
84. Invent a new game and play with your friends.
85. Research your town's history.
86. Have a lemonade stand.
87. Play Red Rover.
88. Draw family portraits.
89. Plant wildflower seeds in empty lots.
90. Make friendship bracelets.
91. Write a play and then perform it for seniors.
92. Have a traditional tea party, invite family.
93. Create a kid friendly cookbook together.
94. Build a fort in the living room.
95. Go on a day trip to another community.
96. Clean up or redecorate your room.
97. Create a collage out of old magazine pictures.
98. Try a new activity at your local community centre.
99. Play hide and seek.
100. Plan a neighbourhood block party.
101. Have a bike wash.
102. Paint each other's nails.
103. Make paper machè and make a piñata.
104. Make a volcano, using baking soda and vinegar.
105. Make paper airplanes and fly them at the park.
106. Try out Coke and Mentos experiment.
107. Write your family story together.
108. Visit a farm and take a tour.
109. Practise your fire escape plan for your home.
110. Go grocery shopping together and learn about budgeting and nutrition.
111. Be creative and have fun!