



101 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, or a local rummage sale. Have a garage sale.
11. Start a diary/journal.
12. Play cards.
13. Make crafts to give as gifts. Try a new craft.
14. Do a crossword puzzle or play Sudoku.
15. Save money: cancel your cable TV!
16. Learn about a different culture. Have an international dinner.

17. Teach a child some of your favorite childhood games.
18. Study sign language.
19. Write a letter to your favorite author.
20. Cook dinner with friends or family.
21. Make cards for holidays or birthdays.
22. Play chess, bridge, or checkers.
23. Play charades.
24. Have a cup of coffee and a conversation.
25. Repair or refinish a piece of furniture.
26. Make a wooden flower box.
27. Wake up early and make pancakes.
28. Read a favorite poem. Read poems by poets new to you

Outdoors

29. Learn about native trees and flowers in your area.
30. Plan a picnic or barbecue.
31. Go bird watching. Learn the names of local birds.
32. Walk the dog. Wash the dog.

33. Plant a garden. Work in your garden.
34. Take a nature hike.
35. Feed fish or birds.
36. Watch the night sky through binoculars and identify different constellations. Observe the moon.
37. Learn to use a compass.
38. Take photographs and then organize them into an album.
39. Do yard work.
40. Go camping.
41. Take an early morning walk.
42. Climb a tree.
43. Watch a sunset; watch the sunrise with a friend.

Around Town

44. Attend a community concert. Listen to a local band.
45. Visit the library. Borrow some books.
46. Visit a local bookstore.
47. Visit the zoo.
48. Visit the countryside or town. Travel by bus or train.
49. Attend a religious service.
50. Go to a museum.



51. Walk to work or school.
52. Attend a live sports event.
53. Look for treasures at a yard sale.
54. Try out for a play. Attend a play.
55. Collect recycling and drop it off at a recycling center.
56. Learn to play a musical instrument.

On the Move

57. Go roller skating or ice skating.
58. Go swimming. Join a community swim team.
59. Start a community group that walks, runs or bikes.
60. Organize a game of touch football, baseball, or softball in the local park.
61. Go for a bicycle ride.
62. Learn yoga.
63. Play soccer, softball or volleyball.
64. Play Frisbee.
65. Workout.
66. Go dancing. Take a dance class.

In Your Community

67. Organize a community clean-up or volunteer for charity.
68. Become a tutor.

69. Join a choir. Sing!
70. Start a bowling team.
71. Visit and get to know your neighbors.
72. Start a fiction or public policy book group.

With the Kids

73. Make paper bag costumes and have a parade.
74. Design a poster for Screen- Free Week.
75. Discover your community center or local park activities.
76. Blow bubbles.
77. Draw family portraits.
78. Build a fort in the living room and camp out.
79. Research your family history. Make a family tree.
80. Invent a new game and teach it to your friends.
81. Make a sign to tape across the TV during Screen-Free Week.
82. Play hopscotch, hide & seek, or freeze-tag.
83. Organize a neighborhood scavenger hunt.
84. Play board games with family and friends.
85. Clean up or redecorate your room.

86. Make puppets out of old socks and have a puppet show.
87. Write a play with friends. Perform it at a nursing home.
88. Construct a kite. Fly it.
89. Go on a family trip or historical excursion.
90. If it's snowing, go sledding or make a snowman.
91. Create a collage out of old magazine pictures.
92. Shoot hoops with friends. Play a round of H.O.R.S.E.
93. Make a friendship bracelet.
94. Create a cookbook with all your favorite recipes.
95. Tell stories around a campfire.
96. Plan a slumber party.
97. Bake cakes or cookies and invite friends for a tea party.
98. Construct a miniature boat and float it on water.
99. Write a letter to your grandparents. Make a special card.
100. Create sidewalk art with chalk.
101. Everyone! Have a huge party to celebrate a Screen-Free Week!



101 SUMMER FUN IDEAS

that kids can do at home

1. Hunt for bugs.
2. Use water to "paint" the house, sidewalk, patio, etc.
3. Set up a backyard obstacle course and time each other.
4. Leave notes for neighbors in chalk on the sidewalk.
5. Make a ring toss game out of paper plates.*
6. Make cookies using an illustrated recipe.*
7. Make fidget spinners out of legos.*
8. Learn to play the dice game.*
9. Play balloon ball: hit balloons back and forth with hands or rackets
10. Hide "treasure" and then make clues for someone to find it
11. Make marshmallow catapults.*
12. Use a long piece of aluminum foil to make a river.
13. Wash dishes + play with water in the sink or tub.
14. Dump out all your crayons and sort them by color.
15. Make tissue paper art.*
16. Use a piece of cardboard to make a ramp to race cars down.
17. Use masking tape to create roads on the floor.
18. Tape crepe paper across a hallway to create a "laser maze".*
19. Make boats from pieces of pool noodle and pencils.*
20. Take turns telling a silly story, each person adding a sentence.
21. Water all the plants. Ask permission to water neighbor's plants.
22. Decorate a cardboard box to look like a car. Go for a drive.
23. Build a tent with blankets.
24. Set up an actual tent inside and have a sleepover w/toys.
25. Fill the bucket relay race.*
26. Invite neighborhood kids over for a bike rodeo.
27. Spread butcher paper out and draw a city.
28. Glue cardboard boxes together to make buildings. Paint them.
29. Make lightsabers.*
30. Color overlapping circle drawings.*
31. Attach ribbons to a stick and the dance with it.
32. Thread macaroni on yarn to make a necklace. Paint it.
33. Use toothpicks and mini marshmallows to build skyscrapers.
34. Draw chalk outlines of each other, then color them in.
35. Hunt for smooth rocks and then paint them.
36. Go on a color photo scavenger hunt: try to take pictures of something that is every color of the rainbow.
37. Paint with homemade finger paint.*
38. Use a balloon and a straw to make balloon rockets.*
39. Find somewhere comfy and listen to an audiobook.
40. Search online for dot-to-dots and print them out to finish.
41. Learn how to fold paper airplanes.*
42. Learn how to fold origami jumping frogs.*
43. Learn how to fold newspaper hats.*
44. Decorate dollar store t-shirts with puffy paint.
45. Make your own kite and try to fly it.*
46. Have a playdough creating contest.
47. Make puppets out of brown paper bags.
48. Learn to make flowers out of tissue paper.*
49. Collect leaves to make rubbings.*
50. Play two square or four square. Draw squares w/chalk.
51. Write a letter or email.
52. Listen to songs from your favorite movie and sing along.
53. Make ice cream in a bag.*
54. Put hula hoops out in the yard and play frisbee golf.
55. Make a toy car wash with a little water in a bin and wash your toys.
56. See how high you can stack plastic cups.
57. Make a lego maze pinball game.*
58. Glue seashells on a dollar store photo frame to decorate it.
59. Make homemade moon sand and play with it.*
60. Make tin can stilts.*
61. Set up indoor bowling with water bottles and a ball.
62. Cut up small pieces of colored paper and make a design with them.
63. Make a God's-eye with sticks and yarn.*
64. Make fingerprint drawings.*
65. Have a lego building contest.
66. Have an A-Z scavenger hunt (find things that start with each letter).
67. Practice making shadow puppets.*
68. Draw a giant hopscotch on the driveway with chalk.
69. Create your own summer Olympics games.
70. Make your own bubble solution for giant bubbles.*
71. Use washable paint to paint each others' faces.
72. Play Bingo (get printable cards online).*
73. Play Charades.
74. Try out some yoga for kids videos.*
75. Take a family nap. Get pillows and snuggle and listen to music.
76. Work on a puzzle (or get out two easy puzzles and race to finish).
77. Have a picnic in the backyard.
78. Try out some easy science experiments.*
79. Jump rope. Look up some jump rope rhymes online.*
80. Skype or FaceTime with grandparents or cousins.
81. Collect moss, bark and leaves to make a fairy house.*
82. Write and illustrate a comic book.
83. Play toilet tag or TV tag.
84. Set up a mini golf course in the house.*
85. Make a bird feeder.*
86. Make your own drumset and kazoo and start a band.*
87. Look up riddles online and see if you can stump each other.*
88. Watch family movies.
89. Look at scrapbooks (or check out your parents old yearbooks).
90. Read! Find book recommendations for your age online.*
91. Play dress up. Visit Mom + Dad's closets.
92. Wash the car.
93. Collect leaves
94. Learn finger knitting.*
95. Use straws and a cardboard lid to make a marble maze.*
96. Design with Perler beads (melty beads). Find templates online.*
97. Color or paint paper doilies from the dollar store.
98. Collect sticks and leaves and use them as a paintbrush.
99. Play Duck Duck Goose.
100. Draw a target on the driveway and toss balls/sponges at it.
101. Make and play with Oobleck.*

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