



## 100 + Screen Free Activities

Screens are a part of almost all of our daily lives. At times they can make it harder to interact with the other people living under the same roof as us. Here is a list of over 100 activities you can do together and that do not require a screen! Some can also be solo activities, just to allow for a break from the constant screen viewing. The highlighted words provide links for how to complete that activity. Looking at a screen to learn a screen free activity!

Read a Book	Make some puppets	Do a puzzle together
Make <a href="#">Super Soft Playdough</a>	Play hopscotch	Look through family photos and share your memories
Make <a href="#">Slime</a>	Race toy cars	Build an obstacle course and see who can run it the fastest
Build a cubby house or fort	Sew some clothes for your dolls	Make a string telephone to talk to each other
Blow bubbles	Make some paper doily flowers	Make a bubble wrap painting
Play handball	Write a letter or postcard	Paint with toy cars by rolling the wheels through paint then onto paper
Draw a picture with chalk on the driveway or side walk	Help clean the house or your bedroom	Do some <a href="#">straw weaving</a>
Do some bird watching	Water the plants	Make a collage with pictures you have cut out from a catalogue
Hunt for bugs and insects	Stick a <a href="#">Skewer Through a Balloon</a>	Go on a picnic
Jump rope	Play catch	Go on a hike
Write a poem	Make mud pies	Visit the library
Paint a Picture	Play freeze tag	Go for a walk
Create with <a href="#">Lego</a>	Play hide and seek	Visit a playground
Bake some cookies or a cake	Pick a topic and make a sensory bin	Go on a scavenger hunt
Throw a Frisbee or <a href="#">boomerang</a>	Make people out of toilet rolls and put on a play	Skip rocks
Make some <a href="#">crayon shapes</a> with broken crayons	Make paper planes and race them	Start a rock collection
Make some <a href="#">Fake Snot</a>	Build a tower out of plastic cups	Make a kite and then go fly it

Make some <a href="#">Fake Blood</a>	Make light sabers from pool noodles	Go for a bike ride / scooter
Create with <a href="#">kinetic sand</a>	Write a song and sing it	Go fishing
Play a board game	Turn on some music and dance	Go to a museum
Play a card game	Create origami	Go geocaching
Build a marble run	Plant some sunflowers seeds and watch them grow	Head to the pool or a swimming hole
<a href="#">Make a Bird Feeder</a>	Make a <a href="#">catapult</a>	Go to the zoo
<a href="#">Make Lavender Wands</a>	Make a simple <a href="#">compass</a>	Make a paperweight
Make some <a href="#">Sherbet</a>	Make some <a href="#">Colour Changing Magic Potion</a>	Go to the beach
Make some <a href="#">Bath Fizzies</a>	Write your own comic strip / book	Build a sandcastle
Make some Marbled Paper to write letters on	Make shadow puppets	Build a snowman
Hide some treasure and make a treasure map to find it	Play dress-up	Make a snow angel
Make some musical instruments and start a band	Make some salt dough ornaments	Run through the sprinkler
Write a Play, practice it and then put on a show	Decorate some flowerpots	Look at the clouds and make them into shapes
Make some Story Stones and then write a story with them	Create a self-portrait	Have a backyard campout
Make some jewellery	Create a fairy garden	Have a water balloon fight
Shoot hoops	Start a journal	Have a bonfire
Wash the car	Write your own joke book	Jump in the puddles
Make a boredom buster jar	Create your own crosswords or word searches	Collect some twigs and make a sculpture
Have a clean out and create a sculpture with your junk	Write secrets messages and try to decode them	Teach each other about your native languages

