

# 101 SCREEN-FREE ACTIVITIES

1. Listen to music and dance.
2. Write a story from your life.
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. Build a fort in your backyard or in your living room.
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 puzzle.
15. Invite friends over.
16. Learn about a different culture. Have an international dinner.
17. Teach someone new how to play your favorite games.
18. Study sign language.
19. Sew a patch on your jeans or backpack.
20. Cook dinner with friends or family.
21. Make cards for holidays or birthdays.
22. Play chess or checkers.
23. Play charades.
24. Play dress up with old clothes.
25. Draw a map of the United States. Try to name all 50 states.
26. Play I Spy.
27. Wash your bike or your parent's car.
28. Read a favorite poem.
29. Learn about the 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; 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, or camp-out in the backyard.
41. Play with playdoh or clay. Mold it into your own statue.
42. Climb a tree.
43. Watch a sunset; watch the sunrise with a friend
44. Attend a community concert. Listen to a local band.
45. Visit the library. Borrow some books.
46. Visit a local bookstore.
47. Sketch a building or a house.
48. Make a necklace out of colored pasta and dental floss.
49. Make life-size drawings of yourself on old wrapping paper.
50. Run through the sprinkler outside.
51. Listen outdoors to the sounds of nature.
52. Look for treasures at a yard sale.
53. Tryout for a play. Attend a play.
54. Collect recycling and drop it off at a recycling center.
55. Learn to play a musical instrument.
56. Go to a museum. Comment on each exhibit.
57. Go roller-skating.
58. Go swimming. Join a community swim team.
59. Play putt putt golf in your backyard.
60. Organize a game of touch football, baseball, or softball in the local park.
61. Go for a bicycle ride.
62. Jump rope.
63. Play soccer, softball, or volleyball.
64. Play Frisbee.
65. Workout.
66. Go dancing. Take a dance class.
67. Organize a community clean up or volunteer for charity.
68. Catch fireflies at night.
69. Join a choir. Sing!
70. Write a letter to the editor.
71. Visit and get to know your neighbors.
72. Join a book club.
73. Make paper bag costumes and have a parade.
74. Make your own bean bags and have a bean bag toss game.
75. Discover your community center or local park activities.
76. Blow bubbles.
77. Learn about a different histological time period.
78. Build a playhouse out of cardboard scraps and paint it.
79. Research your family history and draw a family tree.
80. Invent a new game and teach it to your friends.
81. Write and illustrate a book.
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 re-decorate 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. Have a water balloon fight.
91. Create a collage out of pictures from old magazines.
92. Shoot hoops with friends. Play a round of H.O.R.S.E.
93. Make a friendship bracelet.
94. Draw pictures of members of your family.
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. Throw a party for all your friends.