

Ideas for Screen-Free Activities



A healthy childhood depends on play! Through creative play, children and youth learn to interact with others, develop important skills for life, explore the physical world, build curiosity, and expand imagination. Generally, more time spent in creative play means less time using screens.

Games

- Play flashlight tag
- Play hide and seek
- Create an obstacle course
- Do a jigsaw puzzle
- Have a water balloon toss
- Play a board game, or make up your own game

Art Projects

- Color, draw, paint
- Get crafty-look for ideas on Pinterest
- Draw with sidewalk chalk
- Paint rocks
- Make sock puppets
- Make a card for someone special
- Finger paint
- Have fun with face paint

Building Ideas

- Build a fort with furniture and blankets or outside with fallen branches
- Build a snow fort
- Build a snowman
- Build sand castles

Community Adventures

- Clean a local park
- Have a healthy picnic
- Organize a neighborhood scavenger hunt
- Take a walk
- Go to a playground
- Find a new park to visit
- Fly a kite
- Go on a hike or nature walk

Nature Ideas

- Climb a tree
- Plant a seed
- Dig up worms
- Plan and/or plant a garden

Music and Performing Arts

- Create a skit or play
- Play dress up
- Listen to music
- Have a dance party

Cooking

- Make your own dip for vegetables
- Make a fruit smoothie
- Help make dinner

Physical Activity

- Go rollerblading, roller-skating, scooter riding, or bike riding
- Go sledding
- Go swimming
- Have fun with hula hoops
- Jump rope or skip
- See how many jumping jacks, somersaults, and/or cartwheels you can do
- Set up an indoor obstacle course