



# Screen Free Activities Guide

A resource created by [White County Family Connection](#)

**Pick a few each day • Check off as you go • Have fun!**

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## Quick & Easy

- ☐ Read a book
- ☐ Draw or color
- ☐ Write a story
- ☐ Journal
- ☐ Puzzle
- ☐ Word search
- ☐ Build with blocks
- ☐ Color a picture
- ☐ Make paper airplanes
- ☐ Practice handwriting
- ☐ Sort toys
- ☐ Tidy a small space



## Creative

- ☐ Paint rocks
- ☐ Sidewalk chalk
- ☐ Make a collage
- ☐ Origami
- ☐ Friendship bracelets
- ☐ Clay creations
- ☐ Press flowers
- ☐ Create a comic
- ☐ Decorate a box
- ☐ Design outfits on paper
- ☐ Make greeting cards



## Outdoor

- ☐ Nature walk
- ☐ Scavenger hunt
- ☐ Cloud watching
- ☐ Plant seeds
- ☐ Water plants
- ☐ Dig in dirt
- ☐ Build a fairy house
- ☐ Collect leaves
- ☐ Watch birds
- ☐ Find insects
- ☐ Picnic
- ☐ Fly a kite
- ☐ Backyard camp
- ☐ Stargaze
- ☐ Catch fireflies
- ☐ Visit park
- ☐ Ride bikes
- ☐ Watch sunset
- ☐ Collect rocks



## Active

- ☐ Jump rope
- ☐ Obstacle course
- ☐ Tag
- ☐ Race
- ☐ Dance
- ☐ Stretch

- ☐ Play soccer, basketball, etc.
- ☐ Frisbee
- ☐ Hula hoop



## Learning

- ☐ Read aloud
- ☐ Write a poem
- ☐ Learn a magic trick
- ☐ Practice math facts
- ☐ Riddles
- ☐ Build something
- ☐ Learn juggling
- ☐ Memorize a song
- ☐ Draw a map



## Home Fun

- ☐ Build a fort
- ☐ Indoor camp
- ☐ Rearrange room
- ☐ Clean a drawer
- ☐ Organize toys
- ☐ Create a time capsule
- ☐ Make a treasure hunt
- ☐ Measure things around house



## Hands-On

- ☐ Bake cookies
- ☐ Make bread
- ☐ Create pizza
- ☐ Make popsicles
- ☐ Prep snacks
- ☐ Peel fruit
- ☐ Set the table
- ☐ Help cook dinner



## Connection

- ☐ Write a letter
- ☐ Draw a picture for someone
- ☐ Help a sibling or friend
- ☐ Do a kind act
- ☐ Plan a surprise
- ☐ Tell stories together
- ☐ Share highs/lows