



27 Things to Do During Screen Free Week

1. fill up your entire driveway with sidewalk chalk art
2. ride your bike
3. do something kind for a neighbor (bake cookies, clean up their yard)
4. lay outside and watch the clouds - write a poem about it
5. get out the atlas and trace maps
6. rearrange your room
7. make a special dinner for your family - set the table and make table decorations, too!
8. listen to music
9. ask your parents if there are special jobs you can do for them - DON'T ask to be paid
10. take a nature walk
11. make homemade bubbles and play with them outside
12. build LEGO landmarks
13. wash the car
14. play cards (here are some of our favorite card games)
15. write your own comic book

16. sort through toys you don't play with and give them to someone who will
17. go outside and jog – can you jog a mile or more?
18. make homemade Play-Dough
19. write letters to far away friends and family
20. pamper your pet for the day (walk them, give them a bath, etc...)
21. make the most awesome Chocolate Chip Cookies for your family!
22. make simple crafts for Operation Christmas Child boxes (rubber band bracelets are great!)
23. buy seed packets and plant the seeds - give the pots to your mom for Mother's Day
24. read a book
25. get a camera - go outside and take pictures - write a story about your walk outside
26. do something nice for every member of your family - don't tell them you did it!
27. make tie-dye Sharpie bandanas

image courtesy Screefree.org