

SCREEN FREE FAMILY ACTIVITY IDEAS



- ✧ Play “Story Building.” One person starts the story, and then other family members add to it.
- ✧ Exercise. Take a walk, do a dance, do yoga, stretch, ride a bike.
- ✧ Play the Alphabet Game. One person chooses a category (e.g., animals) and family members go around naming an animal with the assigned letter. The first person starts with A. Second with B. Etc. The winner chooses the next category.
- ✧ Read to your pet. This is great for young readers as well as children with reading challenges.
- ✧ Make paper airplanes, origami, hats, paper doll chain, or paper boats.
- ✧ Have a child draw or trace their hand or random shape, and see what animals you can make out of it.
- ✧ Play “House of Cards/Blocks/Coins.” Using a deck of cards, blocks, coins, choose a flat surface and have each person build a house. Whichever house stands the longest wins.
- ✧ Have a treasure hunt where you write down clues on slips of paper that lead children to a “treasure.”
- ✧ Have a scavenger hunt where you make a list and have children compete to collect the most items.
- ✧ Take a nap or lay down to rest.
- ✧ Write letters to friends or family.
- ✧ Learn and perform simple magic tricks.



Adapted from *Simple Activities for Children & Adolescents* by NCTSN.