

Screen-Free Things to Do

Highlight or Circle the Activities that Interest You.

1. Call a friend
2. Listen to your favourite music
3. Discover activities in your community centre or local park
4. Workout
5. Play football or basketball
6. Go for a walk or run
7. Draw and/or paint a picture or mural
8. Join a club
9. Take up a musical instrument
10. Practice a sport
13. Create a skit and perform it for others
14. Play cards
15. Make a necklace or other jewellery out of beads
16. Make crafts to give as gifts
17. Write a story
18. Watch the night sky through binoculars: identify different constellations. Observe the moon.
19. Build a model car, boat or plane
20. Write a song/rap
21. Ride your bike
22. Sing and dance to your favourite music
23. Read a good book or magazine
24. Take photographs and organize them into an album
25. Make a scrap book
26. Make a collage of your favourite things out of pictures from old magazines
27. Jump rope
28. Hula Hoop
29. Write in your diary
30. Take a dance class, make a routine to teach your friends
31. Repair or refinish a piece of furniture
32. Create art out of clay, metals, or even junk
33. Paint your nails
34. Play Frisbee with a neighbour or friend
35. Play with your pet
36. Spend time with a brother or sister
37. Create an advertisement that encourages kids your age to cut their screen time (TV, computer, video game use)
38. Redecorate your room (with your parent's permission, of course!)
39. Experiment with a new look (hair, clothes, make-up)

40. Do a crossword puzzle
41. Make a friendship bracelet
42. Take a nature hike. Learn about native trees, flowers, and animals in your area.
43. Write a poem
44. Learn a magic trick and practice it
45. Learn to juggle
46. Volunteer to help in your community
47. Learn or make-up a game and teach your friends
48. Plant and/or work in the garden
49. Make a wooden flowerbox
50. Learn to sew and make something
51. Go roller skating, skate boarding or ice skating
52. Go swimming
54. Play hopscotch, hide and seek, or freeze-tag
55. Write cards or letters to friends and family you don't see often
56. Learn and practice knitting or crocheting
57. Walk the dog (with a friend or family member)
58. Tutor a friend or family member on their homework
59. Go to a museum
60. Play a board game, chess or checkers with friends or family members
61. Research your family history and draw a family tree
62. Plan and cook dinner with friends or family
63. Go bowling
64. Go camping or build a fort in your living room or backyard
65. (write in your idea)
66. (write in your idea)
67. (write in your idea)

Now choose three screen-free activities you would like to do during your free-time using the suggestions above and your own ideas: