

NEED TO REDUCE SCREEN TIME?

Here are 60 activities you can try to get unplugged

- SEND A SURPRISE BOX IN THE MAIL TO A FRIEND JUST FOR FUN.
- BAKE COOKIES FOR YOUR LOCAL POLICE/FIRE DEPARTMENT.
- TRY A NEW RECIPE
- BECOME AN EXPERT IN SOME OBSCURE TRIVIA.
- BRAINSTORM BUSINESS IDEAS.
- BUILD HOUSES WITH PLAYING CARDS.
- CALL A GRANDPARENT (YOU'LL MAKE THEIR DAY).
- COLOR, DRAW, OR PAINT.
- CREATE AN OBSTACLE COURSE OR SCAVENGER HUNT.
- DESIGN A FAMILY CREST.
- DO A CROSSWORD PUZZLE, SUDOKU, OR WORD FIND.
- DO A JIGSAW PUZZLE.
- DO AN EXTRA CHORE AND SURPRISE YOUR PARENTS.
- TRY ORIGAMI.
- DREAM ABOUT WHERE YOU'D LIKE TO BE IN 5, 10, OR 20 YEARS.
- BUILD A VISION BOARD.
- MAKE HOMEMADE ICE CREAM.
- MAKE SLIME.
- PAINT A ROOM.
- PICK A DIY PROJECT TO TRY.
- PLAN ONE DINNER YOU'D LIKE TO TRY MAKING.
- PLAY A BOARD GAME.
- PLAY FRISBEE OR CATCH.
- PLAY TOUCH FOOTBALL.
- PLAY WITH SIBLINGS.
- PLAY WITH SIDEWALK CHALK.
- PRACTICE OR LEARN AN INSTRUMENT.
- PRACTICE YOGA.
- PRACTICE YOUR FREE THROW.
- READ A NEW MAGAZINE OR NEWSPAPER.
- GIVE YOUR BEDROOM A MAKEOVER.
- GIVE YOURSELF A SPA DAY.
- GO FOR A HIKE.
- GO FOR A RUN OR WALK.
- GO THROUGH YOUR CLOTHES AND CREATE A DONATE PILE.
- GO TO THE PARK.
- HAVE A NERF GUN WAR.
- KNIT, CROCHET, OR RAINBOW LOOM.
- LEARN HOW TO DO HENNA DESIGNS.
- LEARN HOW TO JUGGLE.
- LOOK THROUGH FAMILY PHOTO ALBUMS.
- MAKE A BUCKET LIST.
- MAKE A FRIENDSHIP BRACELET.
- MAKE A PHOTO COLLAGE FOR YOUR ROOM.
- MAKE A SCRAPBOOK OF YOUR LAST YEAR'S ADVENTURES.
- WRITE A COMIC AND SHARE IT WITH A FRIEND.
- TRY OUT A NEW BOOK.
- RIDE A BIKE, SKATEBOARD, OR SCOOTER.
- SEE IF YOU CAN SET A RECORD AT SOMETHING.
- SHOOT HOOPS.
- START OR TEND A GARDEN.
- STRING LIGHTS ACROSS THE CEILING IN YOUR ROOM.
- ASK YOUR GRANDPARENTS ABOUT THEIR CHILDHOOD.
- TEACH YOURSELF A NEW CARD GAME.
- TEACH YOURSELF CURSIVE/CALLIGRAPHY.
- DO SOMETHING KIND FOR A FRIEND.
- TRY TO DO A SMALL REPAIR IN YOUR HOME.
- VOLUNTEER AT A LOCAL CHARITY.
- WALK A DOG (YOURS OR A NEIGHBOR'S).
- WRITE A POEM.
- WRITE A SHORT STORY.
- WRITE IN A JOURNAL.

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[NOCHILDABUSE.ORG/COVID-19-RESOURCES/](https://www.nochildabuse.org/covid-19-resources/)