**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: