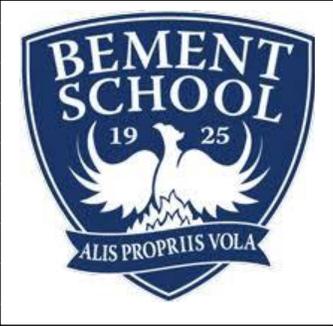


# Screen-Free Week at Bement

Activity (Individual or By Dorm)	
Ride a bike	
Draw a picture	
Complete a Crossword Puzzle or Soduku Puzzle	
Play four-square or knock-out	
Organize the drawers in your room	
Hike up to and around Pine Hill	
Practice an instrument	
Learn an instrument	
Read a magazine	
Read a book	
Create sidewalk art with chalk	
Enjoy a conversation with each member of your dorm	
Write a letter to a friend/family member and mail it	
Play your favorite childhood game outside (hopscotch, hide-n-seek, tag,)	
Practice a sport at North End fields	
Learn about something new	
Make and fly a kite	
Write a thank you note	
Donate a bag of clothes or goods (in good condition)	
Do an arts & craft project together as a dorm	
Play cards	
Dorm charades	
Throw a Frisbee: Count how many throws before it hits the ground?	
Kick a soccer ball: Count how many touches before it hits the ground?	
Write a story	
Bake a dessert together	
Eat a dessert together	
Complete a Puzzle (> 250 pieces)	
Write a poem	
Play Ping Pong or Foosball	
Enjoy a lively discussion with every member of the dorm present. What topics did you discuss?	
Play chess or checkers	
Play a board game	
Choreograph a dance routine to a song	
Create a dorm skit	
Make a graphic novel	