

## **Things to Do As a Family Without Technology**

- Nature walks (chatting, collecting rocks and leaves, looking for bugs)
- Board Games
- Inventing Our Own Games Puppet Shows
- Making up skits
- Active Games (e.g., Frisbee, lawn darts, croquet, basketball in the driveway, Four Square, Hopscotch, running through obstacle courses the kids set up, touch football)
- Playing an instrument, singing
- Arts & crafts projects
- Putting on a play
- Journal/diary writing
- Outdoor water play
- Indoor Hide and Seek
- Bird Watching
- Build a birdhouse or bird feeder
- Cooking meals together
- Jigsaw puzzles
- Taking a walk
- Establish an exercise routine
- Picnicking
- Bike riding
- Doing volunteer work (e.g., raking an older neighbor's leaves)
- Caring for a pet
- Playing board and card games
- Looking through old family albums together
- Taking fun family photos and videos
- Baking cookies together
- Make chalk pictures on the sidewalk.
- Making pizza from scratch
- Trying new food
- Building a snow or leaf fort
- Playing games such as 20 questions, Simon Says, Charades
- Doing a Treasure Hunt
- Plant some seeds or a tree
- Organize your house, room, junk
- Throw out old stuff Clean house
- Phone friends/relatives
- Read (books, magazines, graphic novels, etc)Color "Easter Eggs" any time
- Make your own pet rock
- Play "I Spy"
- Put together a puzzle
- Play "20 questions"
- Make a fort or car out of a large appliance box

- Try to make each other laugh
- Create something with beads
- Write a secret message in “mirror image”
- Have a staring contest
- Have a bubble-blowing contest
- Climb a tree
- Do blind taste tests with various drinks and food
- Solve a crossword or word search puzzle
- Make butterflies from coffee filters
- Play hangman or tic-tac-toe
- Dance to 50s music (or any era)
- Invite neighbors for a family potluck dinner
- Make a Diet Coke and Mentos eruption
- Jump rope
- Make a time capsule
- Learn how to read a map
- Watch old home movies or look at old pictures
- Have a watermelon seed spitting contest
- Build a fort
- Play with Shaving Cream & food coloring
- Create a musical instrument out of recyclables
- Make a box town out of old boxes
- Research careers (Interview locals such as a firefighter, dentist, hairdresser, or lifeguard)
- Learn a Line Dance
- Practice tongue twisters
- Learn to juggle
- Create a house of cards