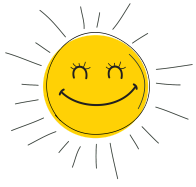


Boredom Busters: 150 Screen-Free Activities



Are your kids complaining of boredom? Are they relying too much on social media, screens and video games for entertainment? Keep your kids calm, engaged and productive while keeping total daily electronic screen time in moderation. Here are 150 screen-free activities. Many are fun and some are chores. The fun part about chores is that they are naturally reinforcing in that we enjoy the cleanliness and outcome of our work, and they teach responsibility and being a contributing citizen.

Suggestion: print this list. Sit with your child and check off all the activities that are possibilities. Hang it on your refrigerator. When needed, direct your child to pick an activity from this list.

<input type="checkbox"/> Arm wrestle
<input type="checkbox"/> Bake a cake
<input type="checkbox"/> Bake cookies or brownies
<input type="checkbox"/> Baking muffins or bread
<input type="checkbox"/> Blow bubbles
<input type="checkbox"/> Build a birdhouse or feeder
<input type="checkbox"/> Build a fort
<input type="checkbox"/> Camp in the backyard
<input type="checkbox"/> Clean the attic
<input type="checkbox"/> Clean the basement
<input type="checkbox"/> Clean the garage
<input type="checkbox"/> Collect bugs
<input type="checkbox"/> Color "Easter Eggs"
<input type="checkbox"/> Cooking
<input type="checkbox"/> Crafting
<input type="checkbox"/> Create a house of cards
<input type="checkbox"/> Create a movie or play
<input type="checkbox"/> Create a musical instrument

<input type="checkbox"/> Create jewelry with beads
<input type="checkbox"/> Crocheting
<input type="checkbox"/> Dance to music
<input type="checkbox"/> Decorate a T-shirt
<input type="checkbox"/> Do a crossword puzzle
<input type="checkbox"/> Do a word search puzzle
<input type="checkbox"/> Do laundry
<input type="checkbox"/> Dodgeball
<input type="checkbox"/> Draw a hopscotch
<input type="checkbox"/> Draw a sensory path
<input type="checkbox"/> Draw driveway chalk art
<input type="checkbox"/> Draw positive driveway messages
<input type="checkbox"/> Drawing
<input type="checkbox"/> Egg Toss
<input type="checkbox"/> Family board game night
<input type="checkbox"/> Find things to donate
<input type="checkbox"/> Finger painting
<input type="checkbox"/> Fishing
<input type="checkbox"/> Fold laundry
<input type="checkbox"/> Freeze Tag
<input type="checkbox"/> Go an a "bear hunt"
<input type="checkbox"/> Go for a hike
<input type="checkbox"/> Go for a walk/run

<input type="checkbox"/> Have a bubble-blowing contest
<input type="checkbox"/> Have a fashion show
<input type="checkbox"/> Have a paper airplane flying contest
<input type="checkbox"/> Have a PJ Party
<input type="checkbox"/> Have a relay race
<input type="checkbox"/> Have a staring contest
<input type="checkbox"/> Have a talent show
<input type="checkbox"/> Have breakfast for dinner
<input type="checkbox"/> Have thumb wars
<input type="checkbox"/> Hide and Seek
<input type="checkbox"/> Hopscotch
<input type="checkbox"/> Hula hoops
<input type="checkbox"/> Interview a grandparent
<input type="checkbox"/> Jigsaw puzzle
<input type="checkbox"/> Jump rope double dutch
<input type="checkbox"/> Knitting
<input type="checkbox"/> Learn a line dance
<input type="checkbox"/> Learn calligraphy
<input type="checkbox"/> Learn clapping games
<input type="checkbox"/> Learn how to read a map
<input type="checkbox"/> Learn Morse Code
<input type="checkbox"/> Learn sign language

<input type="checkbox"/> Learn string games
<input type="checkbox"/> Learn to juggle
<input type="checkbox"/> Line up dominoes
<input type="checkbox"/> Listen to music
<input type="checkbox"/> Load the dishwasher
<input type="checkbox"/> Look at old pictures
<input type="checkbox"/> Look for 4-leaf clovers
<input type="checkbox"/> Magic tricks
<input type="checkbox"/> Make a book about your family
<input type="checkbox"/> Make a box town out of old boxes
<input type="checkbox"/> Make a fort or car out of a large box
<input type="checkbox"/> Make a necklace out of beads or pasta
<input type="checkbox"/> Make a paper boat and see if it floats
<input type="checkbox"/> Make a paper hat
<input type="checkbox"/> Make a time capsule
<input type="checkbox"/> Make butterflies from coffee filters
<input type="checkbox"/> Make crazy hairdo's
<input type="checkbox"/> Make homemade pizza
<input type="checkbox"/> Make play-doh or slime
<input type="checkbox"/> Make up a story; Illustrate it
<input type="checkbox"/> Make your own pet rock
<input type="checkbox"/> Obstacle course
<input type="checkbox"/> Organize book shelf
<input type="checkbox"/> Organize cabinets
<input type="checkbox"/> Organize canned goods
<input type="checkbox"/> Organize closets
<input type="checkbox"/> Organize drawers
<input type="checkbox"/> Organize shoes

<input type="checkbox"/> Paint kindness rocks
<input type="checkbox"/> Paint outdoors
<input type="checkbox"/> Paint your nails
<input type="checkbox"/> Painting a picture
<input type="checkbox"/> Pick up sticks
<input type="checkbox"/> Plant a garden
<input type="checkbox"/> Plant flowers
<input type="checkbox"/> Plant vegetables
<input type="checkbox"/> Play "20 questions"
<input type="checkbox"/> Play "I Spy"
<input type="checkbox"/> Play capture the flag
<input type="checkbox"/> Play cards (Crazy 8s, War, Rummy)
<input type="checkbox"/> Play charades
<input type="checkbox"/> Play chess or checkers
<input type="checkbox"/> Play Freeze Tag
<input type="checkbox"/> Play H-O-R-S-E
<input type="checkbox"/> Play Hangman
<input type="checkbox"/> Play Hot Potato
<input type="checkbox"/> Play Red Light Green Light
<input type="checkbox"/> Play Simon Says
<input type="checkbox"/> Play store
<input type="checkbox"/> Play Tic-Tac-Toe
<input type="checkbox"/> Play with shaving cream
<input type="checkbox"/> Practice a musical instrument
<input type="checkbox"/> Practice tongue twisters
<input type="checkbox"/> Put away laundry
<input type="checkbox"/> Rake leaves
<input type="checkbox"/> Rearrange your bedroom
<input type="checkbox"/> Research careers
<input type="checkbox"/> Riding a bike/scooter
<input type="checkbox"/> Roll coins

<input type="checkbox"/> Scavenger Hunt
<input type="checkbox"/> Send postcards to family and friends
<input type="checkbox"/> Sewing
<input type="checkbox"/> Shooting a basketball
<input type="checkbox"/> Stargazing
<input type="checkbox"/> Sweep the floor
<input type="checkbox"/> Take out the trash
<input type="checkbox"/> Tell stories in the dark
<input type="checkbox"/> Three-legged races
<input type="checkbox"/> Try to make each other laugh
<input type="checkbox"/> Unload dishwasher
<input type="checkbox"/> Vacuuming
<input type="checkbox"/> Walk the dog
<input type="checkbox"/> Wash the car
<input type="checkbox"/> Wash the dog
<input type="checkbox"/> Wash the floor
<input type="checkbox"/> Watch the clouds
<input type="checkbox"/> Water balloons
<input type="checkbox"/> Water the plants
<input type="checkbox"/> Weed the garden
<input type="checkbox"/> Write a book
<input type="checkbox"/> Write a letter
<input type="checkbox"/> Write a poem
<input type="checkbox"/> Write a short story
<input type="checkbox"/> Write an autobiography
<input type="checkbox"/> Yoga
<input type="checkbox"/> Yoyo tricks
Add your own ideas: