

101 Screen-Free Activities

At Home

1. Listen to the radio.
2. Write an article or story.
3. Paint a picture, a mural or a room.
4. Write to the President, your Representative or Senator.
5. Read a book. Read to someone else.
6. Learn to change the oil or a tire on a car. Fix something.
7. Write a letter to a friend or relative.
8. Make cookies, bread or jam and share with a neighbor.
9. Read magazines or newspapers. Swap them with friends.
10. Go through your closets and donate items to Goodwill, the Salvation Army or a local rummage sale. Have a garage sale.
11. Start a diary/journal.
12. Play cards.
13. Make crafts to give as gifts. Try a new craft.
14. Do a crossword puzzle.
15. Save money! Cancel your cable TV!
16. Learn about a different culture. Have an international dinner.
17. Teach a child some of your favorite childhood games.
18. Study sing-language.
19. Write a letter to your favorite author.
20. Cook dinner with friends or family.
21. Make cards for holidays or birthdays.
22. Play chess, bridge or checkers.
23. Play charades.
24. Have a cup of coffee and a conversation.
25. Repair or refinish a piece of furniture.
26. Make a wooden flowerbox.
27. Wake up early and make pancakes.
28. Read a favorite poem.



Outdoors

29. Learn about native trees and flowers in your area.
30. Plan a picnic or barbecue.
31. Go bird watching. Learn the names of local birds.
32. Walk the dog. Wash the dog.
33. Plant a garden. Work in your garden.
34. Take a nature hike.
35. Feed fish or birds.
36. Watch the night sky through binoculars; identify different constellations. Observe the moon.
37. Learn to use a compass.
38. Take photographs and then organize them into an album.
39. Do yard work.
40. Go camping.
41. Take an early morning walk.
42. Climb a tree.
43. Watch a sunset; watch the sunrise with a friend.



Turn off the TV, and...

Around Town

44. Attend a community concert. Listen to a local band.
45. Visit the library. Borrow some books.
46. Visit a local bookstore.
47. Visit the zoo.
48. Visit the countryside or town. Travel by bus or train.
49. Attend a religious service.
50. Walk to work or school.
51. Attend a live sports event.
52. Look for treasures at a yard sale.
53. Try out for a play. Attend a play.
54. Collect recycling and drop it off at a recycling center.
55. Learn to play a musical instrument.
56. Go to a museum.

On the Move

57. Go roller skating or ice skating.
58. Go swimming. Join a community swim team.
59. Start a community group that walks, runs or bikes.
60. Organize a game of touch football, baseball or softball in the local part.
61. Go for a bicycle ride.
62. Learn yoga.
63. Play soccer, softball or volleyball.
64. Play Frisbee.
65. Workout.
66. Go dancing. Take a dance class.

In Your Community

67. Organize a community clean-up or volunteer for charity.
68. Become a tutor.
69. Join a choir. Sing!
70. Start a bowling league.
71. Visit and get to know your neighbors.
72. Start a fiction or public policy book group.



With the Kids

73. Make paper bag costumes and have a parade.
74. Design a poster for the TVTN/Hearthsong contest.
75. Discover your community center or local park activities.
76. Blow bubbles.
77. Mark and color in TV-Turnoff Week on the calendar.
78. Build a fort in the living room and camp out one night.
79. Research your family history and draw a family tree.



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80. Invent a new game and teach it to your friends and family.
81. Make a sign to tape across the TV during TV-Turnoff Week.
82. Play hopscotch, hide & Seek or freeze-tag.
83. Organize a neighborhood scavenger hunt.
84. Play board games with family and friends.

85. Clean-up or redecorate your room.
86. Make puppets out of old clean socks

- and have a puppet show.
87. Write a play with friends. Perform it at a nursing home.
88. Construct a kite. Fly it.
89. Go on a family trip or historical excursing.
90. In the snow, go sledding or make a snowman.
91. Create a collage out of pictures from old magazines.
92. Shoot hoops with friends. Play a round of H.O.R.S.E.
93. Make a friendship bracelet.
94. Draw pictures of members of your family.
95. Tell stories around a campfire.
96. Plan a slumber party.
97. Bake cakes or cookies and invite friends for a tea party.
98. Construct a miniature boat and float it on water.
99. Write a letter to your grandparents. Make a special card.
100. Create sidewalk art with chalk.
101. **Everyone!!! Have a huge party to celebrate a TV-Free Week!**