

100 Screen-Free Activities for Kids

1. "Paint" with Water on the Sidewalk ☐	30. Have a Picnic ☐
2. Enjoy Water Sensory Play ☐	31. Roast Marshmallows ☐
3. Blow Bubbles ☐	32. Visit a Local Museum ☐
4. Have a Dance Party ☐	33. Have an Arts and Crafts Party ☐
5. Color a Cardboard Box ☐	34. Make Homemade Pizza ☐
6. Draw with Sidewalk Chalk ☐	35. Celebrate the Holiday of the Day ☐
7. Play Hide and Seek with Objects ☐	36. Create a Family Album or Scrapbook ☐
8. Make Play Dough ☐	37. Play a Sport ☐
9. Play Homemade Basketball ☐	38. Invent a New Board Game ☐
10. Dig in the Garden ☐	39. Go See a Local Sports Team ☐
11. Do a Sink vs. Float Experiment ☐	40. Go to the Park ☐
12. Make Cornstarch Slime ☐	41. Volunteer ☐
13. Make a Baking Soda and Vinegar Volcanic Eruption ☐	42. Cook or Bake ☐
14. Make a Collage ☐	43. Try a Montessori Practical Life Activity ☐
15. Paint with Homemade Vegetable Stamps ☐	44. Put on a Puppet Show ☐
16. Make a Popsicle Stick Box ☐	45. Create a Cozy Reading Corner ☐
17. Make a Wax Resist Watercolor Painting ☐	46. Climb the Pikler Triangle ☐
18. Do a Scavenger Hunt ☐	47. Balance on the Balance Beam ☐
19. Play Board Games ☐	48. Do a Yard Biodiversity Inspection ☐
20. Play Card Games ☐	49. Make a Stress Ball with a Balloon ☐
21. Do the Cabbage PH Indicator Experiment ☐	50. Try Sorting Activities (Color, size, etc.) ☐
22. Make a Boat with Legos ☐	51. Play with Post-Its ☐
23. Make an Egg Drop Capsule ☐	52. Make a Terrarium ☐
24. Write a Story ☐	53. Conduct a Survey ☐
25. Create a Mini Model with Cardboard ☐	54. Make a Lava Lamp ☐
26. Do Aluminum Foil Art with Sharpies ☐	55. Make a Sensory Bottle ☐
27. Design and Complete an Obstacle Course ☐	56. Make a Cup and Ball Game ☐
28. Play Monopoly ☐	57. Investigate a New Hobby ☐
29. Play Charades ☐	58. Build a Marshmallow Tower ☐

100 Screen-Free Activities for Kids

59. Make a Sensory Bin	☐	88. Create a Fairy House	☐
60. Invent and Draw a New Planet	☐	89. Play Pretend Restaurant	☐
61. Build a Fort	☐	90. Play Hide and Seek	☐
62. Read a Book	☐	91. Do a Puzzle	☐
63. Make a Domino Run	☐	92. Make a Paper Airplane and Decorate It	☐
64. Play Pretend Store	☐	93. Make a Village with Roads for Toy Cars	☐
65. Make Homemade Stickers with Blank Labels	☐	94. Make a Mobile	☐
66. Make Magnets	☐	95. Invent and Draw a New Animal	☐
67. Plant Herbs or Flowers	☐	96. Invent and Draw an Alien	☐
68. Make Necklaces or Bracelets	☐	97. Make a Magazine About Your Favorite Topic	☐
69. Sew and Decorate a Bag	☐	98. Play Keep the Balloon Up	☐
70. Dry and Preserve Flowers or Fall Leaves	☐	99. Make Homemade Popsicles	☐
71. Help a Neighbor in Need	☐	100. Paint Rocks	☐
72. Start a Nature Journal About What You See Outside	☐		
73. Stargaze on a Clear Night	☐		
74. Play "Whisper Down the Lane" or "Broken Telephone"	☐		
75. Create a Comic	☐		
76. Do Origami	☐		
77. Birdwatch: How Many Birds Can You Count?	☐		
78. Have a Tea Party	☐		
79. Write a Letter or Make a Card	☐		
80. Have a Bubble Bath	☐		
81. Make Labels for Garden Plants	☐		
82. Make a Stained-Glass Window Craft with Tissue Paper	☐		
83. Make a Bird Feeder	☐		
84. Learn a Tongue Twister	☐		
85. Write a Poem	☐		
86. Design Your Own Flag	☐		
87. Learn How to Write Your Name in Hieroglyphs	☐		