



40+ Screen Free Activities

How to Use This Checklist

- Pick 2–3 activities per day and mix categories for variety.
- Let kids choose one activity and parents choose one.
- Post the checklist on the fridge; check items off as you go.
- Pair with a 'tech parking lot' basket for devices during the day.
- End each day with a quick share: What did you build, learn, or love?



Outdoors & Movement

- ☐ Create a sidewalk-chalk obstacle course with jump/skip stations
- ☐ Backyard birdwatching; tally species in a simple chart
- ☐ Nature scavenger hunt (leaves, rocks, textures)
- ☐ Hand-draw a neighborhood map and follow it like a treasure hunt
- ☐ Cloud-spotting; sketch what you see and name the cloud 'characters'
- ☐ Build a stick-and-string fort or lean-to
- ☐ Bike ride + picnic; kids plan the route and menu
- ☐ Plant a mini herb garden in recycled containers
- ☐ Shadow tag or flashlight hide-and-seek at dusk
- ☐ Create a mini-Olympics with three events and homemade medals

STEM & Maker

- ☐ Cardboard engineering: bridge, marble run, or puppet theater
- ☐ Egg-drop challenge using recyclables (test + iterate)
- ☐ Paper circuits with an LED and coin battery (adult supervision)
- ☐ Lego build-to-spec: weight-bearing bridge or themed habitat
- ☐ Make a sundial and track time for a day
- ☐ Kitchen chemistry: make butter in a jar; discuss states of matter
- ☐ DIY anemometer (measure wind) and graph results
- ☐ Build a catapult from craft sticks and rubber bands
- ☐ Origami geometry: folds, angles, and symmetry
- ☐ Design a Rube Goldberg machine to ring a bell





Language Arts & Social Studies

- ☐ Create a family newspaper: headlines, comics, classifieds
- ☐ Reader's theater—perform a favorite chapter book scene
- ☐ Pen-pal letters to relatives or another homeschool family
- ☐ Debate night: pancakes vs. waffles; alternate pro/con
- ☐ Timeline your town's history on index cards
- ☐ Create a travel brochure for a place you want to visit
- ☐ Write a 'when I was your age' memory and illustrate it
- ☐ Make a glossary for a topic you're studying this week
- ☐ Host a poetry tea time; everyone reads or writes a short poem
- ☐ Design a board game about a historical era or figure

Art & Music

- ☐ Watercolor postcards to mail to family or friends
- ☐ Kitchen band: create rhythms with pots, cups, and wooden spoons
- ☐ Chalk mural of your week's adventures on the driveway
- ☐ Collage self-portraits from magazines and scrap paper
- ☐ Make a 'mixtape on paper': 10 songs for a mood or theme
- ☐ Draw a comic strip starring your pet or a favorite character
- ☐ Try blind-contour drawing of household objects
- ☐ Create a nature mandala from leaves, petals, and pebbles
- ☐ Compose a simple song or clapping pattern and teach it
- ☐ Make salt dough ornaments; paint and seal when dry

Quiet Focus

- ☐ Start a 500-piece puzzle and leave it out for the week
- ☐ Calligraphy or fancy lettering practice with quotes
- ☐ Daily gratitude journal (3 lines per person)
- ☐ Logic packet: riddles, Sudoku, crosswords (age-appropriate)
- ☐ Memory box: collect and label small mementos from the week
- ☐ Hand sewing or finger knitting while listening to an audiobook
- ☐ DIY bookmarks; laminate with packing tape
- ☐ Mindful coloring pages or geometric tessellations
- ☐ Build a house of cards; measure the tallest stable design
- ☐ Quiet reading hour with cozy corners and snacks

