

100 FUN NON-SCREEN ACTIVITIES TO DO WITH CHILDREN

- Bike ride
- Bush walk
- Make fun things out of cardboard boxes
- Write letters to friends or family
- Make paper planes
- Paint
- Create a bouquet of wild flowers
- Play sport (soccer, basketball, tennis, etc.)
- Watch clouds and find 'cloud animals'
- Make homemade fruit-juice icy poles
- Shoot bow-and-arrows
- Play mini-golf
- Learn to whistle
- Read books
- Wash the car (with extra soap!)
- Arm wrestle each other
- Walk to the local shops to buy ice-cream
- Practise skipping with a rope
- Look for shells or rocks at the beach
- Make cubby houses (inside or outside)
- Plant trees
- Blow bubbles
- Go bowling ride
- Bake a cake or brownies
- Walk in the snow
- Explore a cave
- Go fishing
- Fly a kite
- Build Lego
- Swim at the local pool
- Play board games
- Create a home disco with music / dancing
- Enjoy bird watching
- Make a Slip 'n' Slide with plastic and washing-up liquid
- Play laser tag
- Dress up in funny clothes
- Do kitchen science experiments
- Play cards
- Have a scavenger hunt
- Climb a tree (or build a tree house)

100 FUN NON-SCREEN ACTIVITIES TO DO WITH CHILDREN

- Play music or sing together
- Hold a laughing contest (the first one to laugh loses)
- Make mudpies
- Fold origami
- Listen to an album and talk about the lyrics
- Build something out of trash
- Draw on the pavement with chalk
- Make pizzas (chocolate pizzas?)
- Visit a library
- Play in the park
- Do a puzzle
- Have an outdoor or indoor picnic
- Exercise as a family
- Go camping
- Have a water balloon fight
- Gaze at the stars at night
- Eat an amazing brunch together
- Create a huge line of dominoes
- Jump on a trampoline together
- Throw and catch a ball
- Skim stones
- Feed the seagulls, or pigeons at the park
- Head out in the rain and splash in puddles
- Learn to juggle
- Create an obstacle course and time how long it takes to complete
- Go roller-blading
- Make lemonade
- Learn to sew
- Make sandcastles
- Have messy fun (shaving foam, flour and water, glitter!)
- Plant vegetables in the garden
- Play charades
- Host a mini-Olympics with a variety of creative events
- Pick flowers and press them in wax paper
- Make crazy hair styles with gel
- Do a toy exchange with a friend
- Paint your faces
- Create a photo album or photo board
- Wrestle each other
- Climb a tree (or build a tree house)

RAISING TECH-HEALTHY HUMANS

100 FUN NON-SCREEN ACTIVITIES TO DO WITH CHILDREN

- Create a time capsule
- Practise and perform a play for your family or friends
- Run through the sprinklers on a hot day
- Have an outdoor fire and cook marshmallows
- Walk your dog
- Cook a meal for someone who is unwell
- Build boats with sticks and leaves and race them in a river
- Go to a skate park
- Collect bugs
- Play 'the floor is lava' with cushions
- Learn and perform magic tricks
- Have a teddy bear picnic or a tea party
- Do weights together in a home gym
- Make necklaces out of colourful pasta and dental floss
- Set up a tent in the backyard and sleep out with friends
- Write short stories and share them with each other
- Paint your nails together
- Visit a museum
- Go to a café and drink hot chocolate
- Bury a box and create a treasure map for others to find it
- Housework and errands (yes, really – anything can be made fun when done together with a playful attitude!)

OTHER IDEAS

-
-
-
-
-