





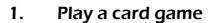








## **20 FUN Screen-free Activities**



- 2. Jump rope
- 3. Write a letter (using paper & pen)
- 4. Learn a card or magic trick
- 5. Read a magazine or the paper
- 6. Teach your dog a new trick
- 7. Hula Hoop!
- 8. Go for a walk
- 9. Make a craft
- 10. Learn to juggle
- 11. Play a board game
- 12. No one around? Play solitaire!
- 13. Play Yahtzee!
- 14. Build a card house
- 15. Listen to music
- 16. Play BINGO
- 17. Curl up and read a book
- 18. Sing
- 19. Practice or learn to play an instrument
- 20. Get up and dance!





















