



## 20 FUN Screen-free Activities

1. Play a card game
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!

