



## 50 Screen-Free Ways to 'UNPLUG' and COMMUNICATE

Communication is fundamental to learning and well-being. As technology becomes more and more present in our lives, screen time has begun to dominate leisure time for some children. Try some of these screen-free activities with friends or family to promote social skills and interaction.

### AT HOME

1. Read a book. Read to someone else.
2. Make cookies, bread or jam and share with a neighbour.
3. Go through your closets and donate to your favorite charity.
4. Make crafts to give as gifts. Try a new craft.
5. Make cards for holidays or birthdays.
6. Play cards or board games.
7. Play charades.
8. Make a wooden flower box.
9. Cook dinner with friends and family.
10. Paint a picture, a mural or a room.

### OUTDOORS

11. Plan a picnic or barbecue.
12. Plant a garden. Work in your garden.
13. Do yard work.
14. Climb a tree.
15. Watch a sunset; watch the sunrise with a friend.
16. Organize a game of football, road hockey, or soccer in the local park.

### ON THE MOVE

17. Go roller blading or ice skating.
18. Go swimming. Join a community swim team.
19. Go for a bicycle ride.
20. Learn yoga.
21. Play Frisbee.
22. Go dancing. Take a dance class.

### AROUND TOWN

23. Visit the library.
24. Visit the countryside or town. Travel by bus or train.
25. Visit the zoo, amusement park or museum.
26. Look for treasure at a yard sale.

### WITH THE KIDS

27. Make paper bag costumes and have a parade.
28. Discover your community centre or local park activities.
29. Blow bubbles.
30. Draw family portraits.
31. Build a fort in the living room and camp out.
32. Research your family history. Make a family tree.
33. Invent a new game and teach it to your friends.

34. Play hopscotch, hide & seek, or freeze-tag.
35. Organize a scavenger hunt at home.
36. Clean up or redecorate your room.
37. Make puppets out of old socks and have a puppet show.
38. Write a play with friends. Perform it at a nursing home.
39. Construct a kite. Fly it.
40. If it's snowing, go sledding or make a snowman.
41. Create a collage out of old magazine pictures.
42. Shoot hoops with friends. Play a round of H.O.R.S.E.
43. Make a friendship bracelet.
44. Create a cookbook with all your favorite recipes.
45. Tell stories around a campfire.
46. Plan a slumber party.
47. Bake cookies and invite friends for a tea party.
48. Construct a miniature boat and float it on water.
49. Write a letter to your grandparents. Make a special card.
50. Create sidewalk art with chalk.

