

101 SCREEN-FREE ACTIVITIES from www.TVTURNOFF.org

AT HOME

Listen to the radio.
Write an article or story.
Paint a picture, a mural or a room.
Write to the President, your Representative, or Senators.
Read a book. Read to someone else.
Learn to change the oil or a tire on a car. Fix something.
Write a letter to a friend or a relative.
Make cookies, bread or jam and share with a neighbor.
Read magazines or newspapers. Swap them with friends.
Go through your closets and donate items to Goodwill.
Have a garage sale.
Start a diary/journal.
Play cards.
Make crafts to give as gifts. Try a new craft.
Do a crossword puzzle.
Save money! Cancel your cable TV!
Learn about a different culture.
Have an international dinner
Teach a child some of your favorite childhood games.
Study sign-language.
Write a letter to your favorite author.
Cook dinner with friends and family.
Make cards for holidays or birthdays.
Play chess, bridge, or checkers.
Play charades.
Repair or refinish a piece of furniture.
Make a wooden flowerbox.
Wake up early and make pancakes.
Read a favorite poem.

OUTDOORS

Learn about the native trees and flowers in your area.
Plan a picnic or barbecue.
Go bird watching. Learn names of local birds.
Walk the dog. Wash the dog.
Plant a garden. Work in your garden.
Take a nature hike.
Feed fish or birds.
Watch the night sky through binoculars.
Learn to use a compass.
Take photographs and then organize them into an album.
Do yard work.
Go camping.
Take an early morning walk.
Climb a tree.
Watch a sunset; watch the sunrise with a friend.

AROUND TOWN

Attend a community concert. Listen to a local band.
Visit the library. Borrow some books.
Visit a local bookstore.
Visit the zoo.
Visit the countryside or town. Travel by bus or train.
Attend a religious service.
Look for treasures at a yard sale.
Try out for a play. Attend a play.
Collect recycling and drop it off at a recycling center.
Learn to play a musical instrument
Go to a museum.

ON THE MOVE

Go roller skating or ice skating.
Go swimming. Join a community swim team.
Start a community group that walks, runs, or bikes.
Go for a bicycle ride.
Learn yoga.
Play soccer, softball, or volleyball.
Play frisbee.
Workout.
Go dancing. Take a dance class.

IN YOUR COMMUNITY

Organize a community clean-up or volunteer for charity.
Become a tutor.
Join a choir. Sing!
Start a bowling league.
Visit and get to know your neighbors.
Start a fiction or public policy book group.

WITH THE KIDS

Make paper bag costumes and have a parade.
Design a poster.
Discover your community center or local park activities.
Blow bubbles.
Mark and color in Tame the TV Week on the calendar.
Build a fort in the living room and camp out one night.
Research your family history and draw a family tree.
Invent a new game and teach it to your friends.
Make a 'No-TV' sign to tape across the TV.
Play hopscotch, hide & seek, or freeze-tag.
Organize a neighborhood scavenger hunt.
Play board games with family and friends.
Clean-up or re-decorate your room.
Make puppets out of old socks and have a puppet show.
Write a play with friends. Perform it at a nursing home.
Construct a kite. Fly it.
Go on a family trip or historical excursion.
In the snow, go sledding or make a snowman.
Create a collage out of pictures from old magazines.
Shoot hoops with friends.
Make a friendship bracelet.
Draw pictures of members of your family.
Tell stories around a campfire.
Plan a slumber party.
Bake cakes or cookies and invite friends for a tea party.
Construct a miniature boat and float it on water.
Write a letter to your grandparents. Make a special card.
Create sidewalk art with chalk.
Everyone!! Have a huge party to celebrate no TV!

AT SCHOOL

Teachers - contact Foster Grandparents for special speakers during Screen Free Week
Work with your school librarian to promote reading activities