

50 ACTIVITIES FOR SCREEN FREE WEEK

1. Cardboard boxes + crayons
2. [Cardboard boxes + golf tees](#) & a toy hammer!
3. If you don't have boxes, get [a fort!](#)
4. Stare at the night sky and look for planes, satellites and maybe even the [International Space Station](#).
5. Floor is Lava!
6. Plant seeds: tomato, cucumber and basil grow quickly and then make a great salad
7. Gaze at the fish in your local pet store
8. Read your favorite books of course!
9. [Magnatiles](#) – the toy you'll have for YEARS
10. Go to a comic shop & pick out a book
11. Paint with [edible finger paint](#)...babies can even paint with yogurt
12. Go to Target and play with the toys in the toy aisle!
13. Get [this tent](#) for indoors or outdoors
14. Enjoy a treat at your local café or Starbucks
15. Get a baby pool, let the kids fill it
16. Go for a walk & clean up litter in your neighborhood
17. Play charades!
18. [Re-grow](#) your celery stumps in water
19. Go on a nature walk
20. Go to your local airport and plane-watch up close
21. Have a blanket picnic
22. Enjoy make-your-own-pizza night
23. Write letters to relatives you don't get to see often
24. Make your own musical instruments
25. Keva blocks (or any blocks)
26. Collect the scrap wood from Home Depot - it's free!- and see what you can build.
27. Visit a pet shelter
28. Blow up balloons and hit them
29. Play with giant [cardboard bricks](#)
30. Attend an outdoor concert or show
31. Make a keepsake at a paint-your-own pottery shop
32. Catch bugs and make a bug habitat
33. Take a bubble bath- just for fun!
34. Walk through a local garden
35. Turn off the lights and play with flashlights
36. Try a new fruit or vegetable you've never had from the grocery store
37. Surprise the kids with a [Bounce House](#)
38. Do "science experiments" using food coloring or Alka-Seltzer tablets
39. Make a photo album, look through old photo albums
40. Go on a scavenger hunt outside
41. Frost some cupcakes or roast marshmallows
42. Check out all the outdoor decorations and flowers at your garden center
43. [Tidy up](#) the outdoors.
44. Examine objects with a magnifying glass
45. Decorate an old t-shirt using magic markers.
46. "Prank call" the grandparents (*stole this from ZenHabits.net and have also done this...it's hilarious!*)
47. Go to your local sprayground/playground
48. Ride pillows down the stairs!
49. Make a lemonade stand
50. Visit the library & get a library card

www.LetMommySleep.com

