

**100+ Screen-Free  
Activities for Kids**



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# 100+ Screen-Free Activities for Kids

## At Home:

1. Read a Book
2. Make [Super Soft Playdough](#) or [Scented Playdough](#)
3. Make [Slime](#)
4. Build a cubby house or fort
5. Blow bubbles
6. Play handball
7. Draw a picture with chalk on the driveway or side walk
8. Do some bird watching
9. Hunt for bugs and insects
10. Jump rope
11. Write a poem
12. Paint a Picture
13. Read the Bible
14. Create with [Lego](#)
15. Bake some cookies or a cake
16. Throw a frisbee or [boomerang](#)
17. Make some [crayon shapes](#) with broken crayons
18. Make some [Fake Snot](#)
19. Make some [Fake Blood](#)
20. Create with [kinetic sand](#)
21. Play a board game
22. Play a card game
23. Build a marble run
24. Complete a [Lego Bible Challenges](#)
25. [Make a Bird Feeder](#)

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26. [Make Lavender Wands](#)
27. Make some [Sherbet](#)
28. Make some [Bath Fizzies](#)
29. Make some [Marbled Paper](#) to write letters on
30. Hid some treasure and make a treasure map to find it
31. Make some musical instruments and start a band
32. Write a Play, practice it and then put on a show
33. Make some Story Stones and then write a story with them
34. Make some puppets
35. Play hopscotch
36. Race toy cars
37. Sew some clothes for your dolls
38. Make some paper doily flowers
39. Write a letter or postcard
40. Help clean the house or your bedroom
41. Water the plants
42. Ride your bike / scooter
43. Play catch
44. Make mud pies
45. Play freeze tag
46. Play hide and seek
47. Pick a topic and make a sensory bin
48. Make people out of toilet rolls and put on a play
49. Make paper planes and race them
50. Build a tower out of plastic cups

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51. Make light sabers from pool noodles
52. Write a song and sing it
53. Turn on some music and dance
54. Create origami
55. Plant some sunflowers seeds and watch them grow
56. Make a [catapult](#)
57. Make a simple [compass](#)
58. Make some [Colour Changing Magic Potion](#)
59. Stick a [Skewer Through a Balloon](#)
60. Make shadow puppets
61. Play dressing up
62. Make some salt dough ornaments
63. Decorate some flowerpots
64. Create a self-portrait
65. Create a fairy garden
66. Start a journal
67. Make some jewelry
68. Shoot hoops
69. Wash the car
70. Make a boredom buster jar
71. Create your own crosswords or word searches
72. Have a clean out and create a sculpture with your junk
73. Make wooden spoon puppets
74. Write your own joke book
75. Make a paperweight
76. Collect some twigs and make a sculpture
77. Write secrets messages and try to decode them

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78. Write your own comic strip / book
79. Have a bubble bath
80. Write to a pen pal
81. Start a Lemonade Stand
82. Do a puzzle together
83. Look through family photos and share your memories
84. Build an obstacle course and see who can run it the fastest
85. Make a string telephone to talk to each other
86. Make a bubble wrap painting
87. Paint with toy cars by rolling the wheels through paint and rolling them onto paper
88. Do some straw weaving
89. Make a collage with pictures you have cut out from a catalogue

## **Out and About:**

90. Go on a picnic
91. Go on a hike
92. Visit the library
93. Go for a walk
94. Visit a playground
95. Go on a scavenger hunt
96. Skip rocks
97. Start a rock collection
98. Make a kit and then go fly it
99. Go for a bike ride / scooter

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- 100. Go fishing
- 101. Go to a museum
- 102. Go geocaching
- 103. Head to the pool or a swimming hole
- 104. Go to the zoo

## **Weather Permitting:**

- 105. Go to the beach
- 106. Build a sandcastle
- 107. Build a snowman
- 108. Make a snow angel
- 109. Run through the sprinkler
- 110. Look at the clouds and make them into shapes
- 111. Have a backyard campout
- 112. Have a water balloon fight
- 113. Have a bonfire
- 114. Jump in the puddles

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