

100 SCREEN-FREE IDEAS FOR KIDS TO FIGHT BOREDOM

READ

Play games with a bed sheet
Create with Kinectic sand
Go on a bug hunt
Blow bubbles
Fill up the entire driveway with chalk drawings
Swing
Build with LEGO
Bring toys outside to play with
Do puzzles
Set up a lemonade stand
Count/sort the money in your piggy bank
Practice jump rope
Play hopscotch
Set-up dominos
Pull weeds from the garden
Water plants
Go on a bike ride
Ride scooters
Practice tying shoes
Practice drawing
Write a book
Take a nap outside
Find shapes in the clouds
Create a scavenger hunt for a neighbor friend
Make-up a play
Play restaurant {with pretend food}
Make a card to mail to a friend or grandparent
Make a cootie catcher
Play in the bath tub
Clean your room
Play with pet
Have a dance party
Create with toothpicks and marshmallows
Draw a self-portrait or a family portrait
Play a board game
Fill bird feeders and record what the birds you see look like in a journal
Make a collage from old magazines
Play "don't touch the ground" with a balloon
Create an obstacle course -- inside or outside
Play Hang-Man or tic tac toe
Practice hula hooping
Have a jumping jack contest
Create with Play-Doh
Play with stamps on paper
Walk around the neighborhood and collect litter
Make a blanket fort
Plan a picnic in the yard
Dust, sweep or mop!
Play frisbee
Create and fly paper airplanes
Play freeze tag with friends

Draw a picture of your pet
Make friendship bracelets
Play school
Trade toys with neighbor friends
Run through the sprinkler
Play duck-duck goose
Create a tower with paper and solo cups
Play a sport in the yard
Bowl with water bottles and a baseball
Have a tea party
Play with rice bin
Play hide-and-seek
Decorate a cardboard box from the recycling
Make cereal necklaces
Practice letters in salt inside a tray
Paint rocks
Create with craft sticks and pipe cleaners
Play Eye Spy
Make hand puppets out of paper lunch bags and put on a show
Clean your room, or have a competition with siblings to see who can do it the fastest
Create a fairy garden with supplies from home
Build a ramp and have Hot Wheels cars go down it
Play water balloon baseball with a pool noodle
'Paint' with water on the sidewalk
Make a carwash for toy cars
Create boats from recycled items and see if they float in a bucket of water
Look for four-leaf clovers
Do a random act of kindness
Make a bird feeder with recycled supplies
'Paint' with shaving cream on the driveway
Build an outdoor fort with sticks and branches
Have a crazy hair-do contest
Make a magic wand using items found in nature
Try to find items around the house for every letter in the alphabet
Trace each other's body outline with chalk
Play carwash with bikes
Make a craft using paper plates
Build a catapult and launch marshmallows from it
Have a The Greatest Showman sing-a-long
Play Simon Says
Create a daisy or dandelion chain necklace
Catch butterflies or fireflies
Hide treasure, make a map, and make someone go find it
Thumb wrestle
Practice juggling
Search for animal footprints
Play rock, paper, scissors
Have a book exchange with neighbors