



SCREEN-FREE FUN ACTIVITY CHECKLIST

BUILD A LIVING ROOM FORT

Grab blankets, pillows, and chairs—build your own cozy fort and hang out inside with books or snacks.



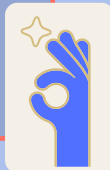
CREATE A MAKE-YOUR-OWN PIZZA STATION

Set up ingredients and let everyone craft their own personal mini pizzas.



BACKYARD OR BALCONY ART SESSION

Paint outside using leaves, twigs, or even your fingers! No rules—just express.



HOST A FAMILY TALENT SHOW

Sing, dance, juggle, or tell jokes. Bonus: Let the kids be the hosts and MCs.



GO ON A BACKYARD SCAVENGER HUNT

Look for items like a feather, something green, or a cloud that looks like an animal.

INVENT AND PERFORM A SHORT STORY OR PUPPET SHOW

Use socks, spoons, or plush toys—bring your own stories to life!



BUILD SOMETHING WITH RECYCLED MATERIALS

Collect cardboard, paper rolls, and bottle caps—then create a robot, city, or spaceship.



HAVE A STARGAZING NIGHT

Lay out a blanket and look up at the stars. Can you find shapes or make up your own constellations?



SET UP A DIY SMOOTHIE BAR

Blend fruit, yogurt, or milk and let kids pick their mix-ins (try berries, bananas, or even spinach!).