

100 + THINGS to do OTHER THAN SCREENS

Active Activities	Resting Activities	Social Activities	Achievement Activities
Weight-Lifting Mountain Biking Gymnastics Camping Backpacking/Hiking Fishing/Hunting Skating, Golf Street Hockey Basketball Pick-Up Game Baseball, Football, Soccer Archery, Juggling Paintball Martial Arts, Boxing Spin Classes Jogging New Sport/Recreational League Rock-Climbing Gym Geocaching Join a Cooking Class Amusement Parks Join a Dance Class Boy Scouts/Girl Guides Adventure Races Wildlife/Sports Photography Outdoor Adventure with Friends Build Forts (in/out), Skate Board Ramp Treasure or Scavenger Hunt Clean Your Room Night to Music	Reading (to self or sibling) Creative Writing Drawing (sketch daily) Art Crafts Cooking, Baking Meal Preparation Graphic Design Painting Lego, Blocks, Snap Circuits Magic Tricks Shoot Pool Fix Something Do at Home Projects Origami Still Life Photography Interior Design Woodworking/Carpentry Cardboard Box Building Mechanic/Car Restoration Plan Business Start-Up Poetry/Spoken Word Meditation Yoga Collect Something (stamps, coins) Public Speaking Sudoku, Cross Word Puzzles	Invite Friends Over Make Home Made Pizza Make Cookies as a Family Do Stand-Up Improv Write a Song Form a Band Play Hide-N-Seek Play Flash Light Tag Play Capture the Flag Plan Scavenger Hunt at Park Start a Club Join a Local Choir Join a Sports Team Plan Street Hockey Pick-Up Game Plan Basketball Pick-Up Game Board Games Card Games Charades Outdoor Adventure Races Body-Building Competitions Take an Improv Class Take a Stand-Up Comedy Class Visit Museums with Friends Go to Events with Friends Volunteer at SPCA Car Games-Spy with my little eye Rock/Paper/Scissors Game Vegetable/Mineral/Animal Game	Chess Build a Model Airplane/Car Paint by Numbers Learn an Instrument Produce Music Geocaching Contact Juggling Learn Public Speaking Birdwatching/Identification Mushroom Identification Wildlife Identification Plan Next Family Trip Learn New Language Learn Astronomy Plan Easter Egg Hunt for Siblings Chart Family Ancestry Build a Bird House Make Christmas Decorations Write a Family Cook Book Organize Kitchen Drawers Plant Own Garden Plot Rearrange Living Room Make Chore Calendar Build Arcade with Big Boxes Perform a Play for Neighbors \$\$\$ - Get a Paper Route, Mow Lawns, Shovel Snow, Babysit Do Household Chores!!