

Screen-Free Activities

<p>Alphabet Scavenger Hunt</p> <p>Find an item around your home for each letter of the alphabet. Or, see if you can find ten items that start with with a letter or sound.</p>	<p>Random Act(s) of Kindness</p> <p>Do something nice for a family member, friend, or stranger. Need ideas? Look at this great list from coolmompicks.com.</p>	<p>Backyard Olympics</p> <p>Set up an obstacle course, have three-legged races, timed relays- anything you can think of. Challenge your family members!</p>
<p>Cooking Class</p> <p>With a grown up, use a recipe to make something you haven't had before. Bonus points for trying it!</p>	<p>Steal the Show</p> <p>Prepare a show for your family members. You can sing, dance, act, mime – anything you want! Create a program to hand out before the show.</p>	<p>Board- Not Bored</p> <p>Play a board game with a family member. Can you make it a marathon and play more than one?</p>
<p>Play in the Sprinkler</p> <p>Get outside while beating the heat! Don't forget your sunscreen!</p>	<p>Create a Journal</p> <p>Draw, write, or whatever your heart desires! Keep track of your thoughts, ideas, or cool things you see in magazines. Need ideas? Check out our Writing Prompts!</p>	<p>Plant Something</p> <p>Flowers, fruit, vegetables – whatever you want! Plant a seed and watch it grow!</p>