

Screen Free Activities

120 FREE Boredom Busters Printable

fun, easy & creative
activities for your
children to do at home



SCREEN FREE ACTIVITIES

When stress is high, structure is so important for our children. Many children will be spending lots of screen time over the next few weeks on learning activities, so I have created these screen-free creative activities for your children to do at home.

You can have your children decorate the label (on page 3) and tape or glue it onto a paper bag or jar/cup. If you use a paper bag, you can also have them decorate the bag.

These activities can be used in many different ways. Most of them can be completed with no supplies, or using common household objects. You might want to read through the cards before you place them in the bag or jar, to make sure they include things that are feasible for your child to do. There are also blank cards to write your own activities on.

If you create a structured schedule for your time off from school (check out my website for more how to do this and for a printable visual schedule), you might consider designating a screen-free part of the day. During this time you can encourage your children to pull a card from their activity jar or bag to complete. You can also tell your children that if they say they are bored, they will then go to the activity jar or bag and pull out a card to do.

I will be sharing more resources through my website at www.wholechildcounseling.com so please sign up for my email list, where you can access my free resource library.

If you found these resource useful, please tag your child using it and tag me on social media @wholechildcounseling I'd love to see what they create!

MY SCREEN FREE ACTIVITIES

ACTIVITY
JAR

ACTIVITY
BAG

Play Pictionary: One person draws a picture, and the other person guesses what it is.

Sock Basketball: Ball up a sock and throw it into a bucket/pail or bowl.

Create an indoor obstacle course. Use objects around the house to create a course to climb over and crawl under.

Play Simon Says. One person is "Simon" and gives a command. If they say "Simon Says" beforehand the other person does it, if they don't say "Simon Says" they don't do it.

Put a small small toy in water and place it in the freezer. Take it out later to play with it.

Use blankets and pillows to build a fort inside your house.

Play freeze dance. Put on some music and dance. Pause the music periodically and when the music stops, everyone stop dancing.

Play Hide & Go Seek: The seeker counts, while the other people hide. The seeker tries to find the people after they are done counting.

Go with an adult and take a sound walk. Walk outside and count or write down how many different sounds you hear.

Read a book with a stuffed animal.

Matching Game: Cut up equal size pieces of paper and make 2 sets of cards with the same word or picture on them. Place all cards face down and flip over 2 at a time to try to make a match.

Pretend the floor is lava and try to get around the room without touching the lava.

Play red light green light: the leader calls out "green light" and the players go, "yellow light" and the players go slow, "red light" and the players stop.

Place objects inside a box and have someone close their eyes, touch what the object is, and try to guess it without looking at it.

Play hot potato. Play music and pass around a small object. Pause music now and then. When the music stops, the person who is holding the object is out.

Read a book in the dark using a flashlight.

Call or text a family member to share a kid-friendly joke like: "How much does it cost a pirate to get their ears pierced?"

Answer: "a buccaneer!"

Read a book under the kitchen table or in another unusual place.

Read a book and draw a picture of what you read.

Do some bottle flippin'.

Ask your family if you can cut up old magazines and glue or tape them on a paper to make a collage.

Go outside and look at the clouds. See if you can find any that look like animals or any other objects.

Play story share. One person starts the story with one sentence. The next person adds on another sentence and stops. The next person then adds on another sentence and so on...

Do an alphabet scavenger hunt. Find things from all over the house for each letter in the alphabet.

Ask your family if you can put painter's tape on the floor. Use it to practice walking on a balance beam, or walking backwards in a straight line.

Animal Alphabet: Say each letter of the alphabet and name an animal that starts with the same letter.

Place Alphabet: Say each letter of the alphabet and name a place that starts with the same letter.

Food Alphabet: Say each letter of the alphabet and name a food that starts with the same letter.

Name Alphabet: Say each letter of the alphabet and say a person's name that starts with the same letter.

Play 20 Questions: The first person thinks of something and says whether it is a person, place or thing. The other people try to guess it by asking yes/no questions.

Feelings Charades: Act out feelings without using words and have the person guess what the feeling is.

Write a story with a beginning, a problem to solve and an ending.

Pick an object to look at and try to draw it without looking at your paper.

Try to create a drawing without picking up your crayon or marker from the paper.

Draw a picture or write about one of your favorite memories.

Make a list of some of your most favorite memories.

Play freeze tag.

Create a treasure hunt with clues.

Blow up a balloon and try to bop it and keep it off the floor. Count how many times you can bop it without letting it touch the ground. Try to beat your best score.

Write down a list of things you want to learn more about and research them later.

Draw a picture or write about a problem you want to solve when you grow up.

Get 3 balls of the same size and practice juggling.

Build something.

Draw a new invention.

Make shadow puppets.

Memorize some tongue twisters like "She sells sea-shells by the sea-shore." Or "Peter Piper" or "How much wood would a woodchuck chuck?"

Create a comic.

Put on a favorite song and make up dance moves for the song.

Practice some of your favorite dance moves or make up some new ones.

Go in your room and try to find a toy you haven't played with in a long time and play with it.

Do a color scavenger hunt. Find objects around the house for each color in the rainbow. Can you find all the colors in every different room?

Fold paper airplanes and have a contest to see which ones can fly the furthest.

Do a shape scavenger hunt. Find objects around the house that are in different 2D and 3D shapes (circle, sphere, oval, cylinder, square, cube, rectangle etc.).

Go outside and listen to see if you can hear any birds or any other nature sounds.

Try using your whole arm to write the alphabet, one letter at a time, in the air very big. Now try a different body part. Can you do it with your foot? Your elbow?

Write a list or draw pictures of all of the things you are thankful for.

Play Charades: The first person tells the others what category it is and then they act it out without using words or making sounds. The other players guess.

Make paper snowflakes.

Write a letter to someone.

Ask an adult what you can help out with around the house.

Design your own scavenger hunt.

Have a lip sync battle.
Put on a song and pretend to sing it by lip syncing.

Make a paper chain.

Make a card for someone.

See how many sit-ups you
can do.

See how many push-ups you
can do.

Practice Crab Walking
around the house.

Practice planking. Have a
contest to see who can plank
the longest.

Using adjectives in
alphabetical order, each
person says "The teacher's
cat is a ____ cat" and fill in
the blank by adding an
adjective that starts with
that same letter.

Fold a paper fortune teller.

Write down the names of
people that you know and
then write down something
good about each person.

Play I spy with my little eye

See how many
burpees you can do.

See how many jumping jacks
you can do in 2 minutes.

Draw a shared picture with
someone else. You each have
a paper and 1 minute to draw
and then trade and draw on
the other person's paper for
1 minute.

Draw a picture of some of
your favorite things (people,
places, foods, toys, shows,
books...)

Take a tape measure out and
lay it on the ground. See how
far you can jump, Can you
beat your longest jump?

Put on music and place a
tissue on your head. Dance
around to the music without
letting the tissue fall off.

Jog in place for 2 minutes
and then do 20 jumping
jacks.

Put on calm music and slowly
and gently stretch your body.

Make a list of coping skills you can use when you feel upset. Hang it up somewhere where you can see it everyday.

Write down a bunch of different words on slips of paper. Put them in a cup or jar. Pull them out and arrange them to make a poem or a silly saying.

Write in a journal or draw a picture of what has been going on this week and how you are feeling.

Try to draw as many different feelings faces as you can. Experiment with how changing the eyes, mouth and eyebrows can change the emotion.

Find objects of different textures. Place the object under a sheet of paper, and use a crayon (with paper peeled off and hold it sideways) to make crayon rubbings.

Give yourself a shoulder massage.

Close your eyes and make a scribble. Open your eyes and then turn your scribble into a different drawing.

Create a poem with the first part of each line: "I am the one who..."

Draw a picture of one of your favorite places. Close your eyes and imagine you are there. Use your senses to imagine the sights, smells, sounds, textures and tastes there.

Make a bunch of dots on a piece of paper and then connect them with lines.

Trace a plate on a piece of paper and then decorate inside of the circle in any way that you like.

Write a letter to yourself in the future.

Pick at least two different shapes to draw and re-create them in a pattern on the paper.

Draw or color with your opposite hand.

Cover a whole entire sheet of paper with bright crayons. Next, cover that up with a layer of black crayon. Next, scratch into the paper with a penny to see the color below the black.

Draw and label a map of your room, your house, your school, your neighborhood.

Draw a picture of yourself if you were an animal.

Cut strips of paper and practice weaving them together into a piece of paper that has slits cut into it.

Trace your hand and draw or write all of the places you have been on it.

Draw a picture of you and your family doing something.

Draw a picture of a gift you would like to give someone.

Draw a picture of what you would ask for if you were given 3 wishes.

Divide a paper into fours and draw a picture for each season (fall, winter, spring and summer.) Write a poem about each season.

Draw a picture of your favorite Holiday. What makes it special?

Draw a picture or make a list of all the different things you like to spend time thinking about.

Practice skipping.

Put on some music and draw with your eyes closed. Just listen to the music and feel your hand move on the paper. Don't be worried about the outcome. Just let go.

Play a board game or a card game.

Pretend you are moving through the room very slowly like you are moving through thick jello.

Lay down and place a stuffed animal or lightweight object on your belly. Practice taking slow, deep belly breaths and watch your stuffed animal rise and fall as you breathe in and out.

Practice something you can't do yet but could learn with practice like: tying your shoes, drawing stars or riding a bike.

Try to write a silly song.

Find a toy or book you don't play with anymore that you might like to donate or give away to another child.

Measure the room to see how long it takes to get across it by using steps, skips and jumps etc.

Try to make up a dance where you are opening up and then closing up your body. Move through the house in a pattern as you open up, close up, open up, close up...

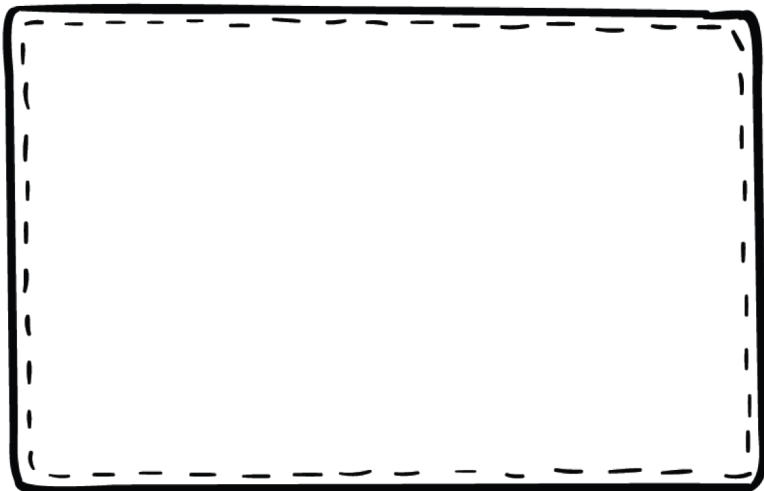
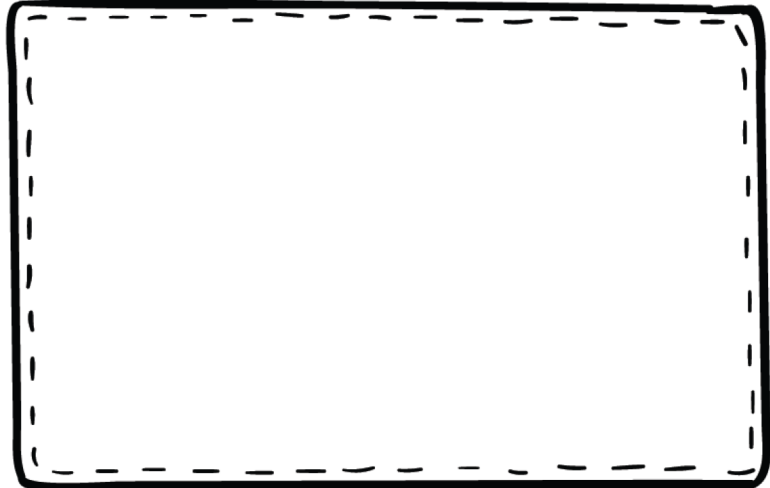
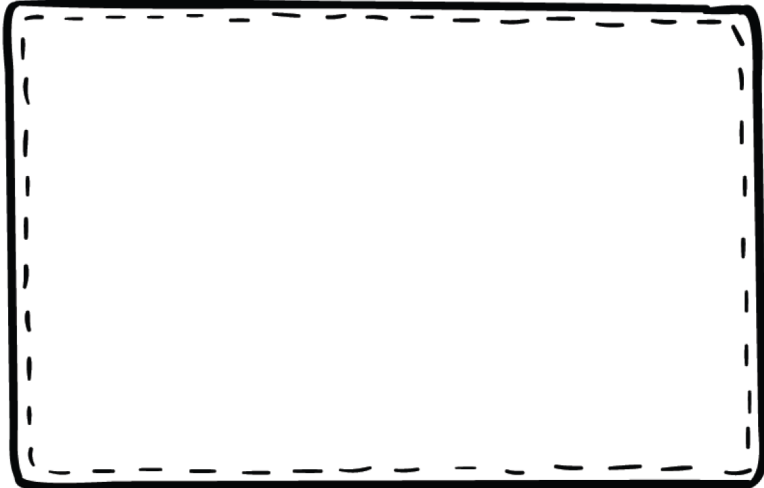
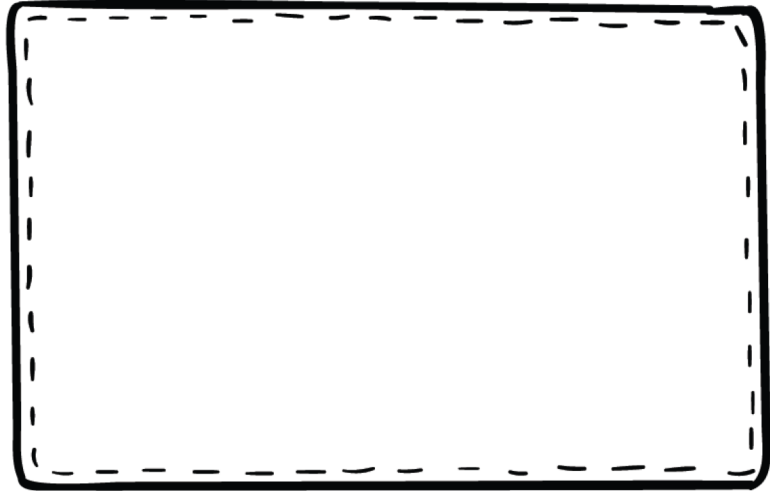
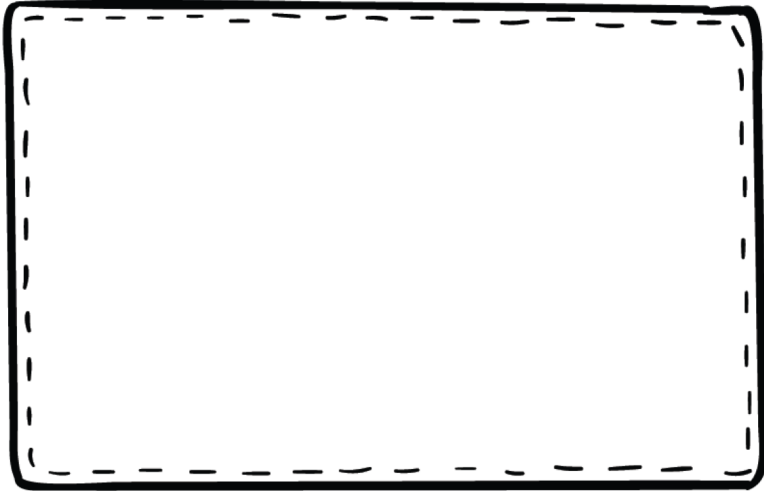
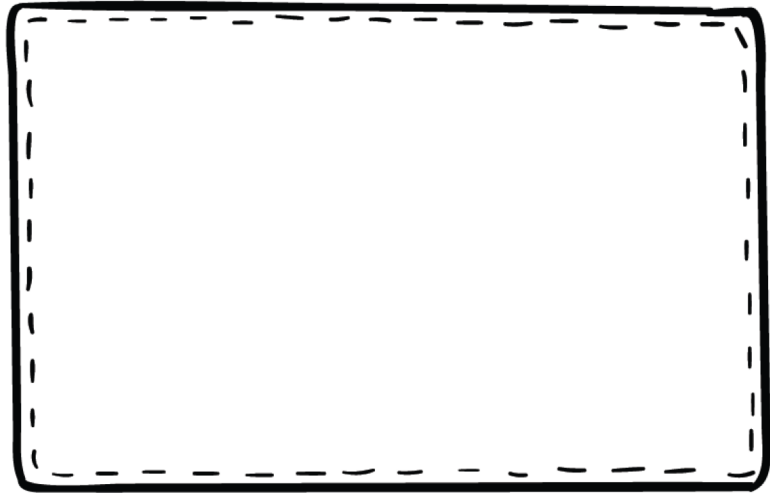
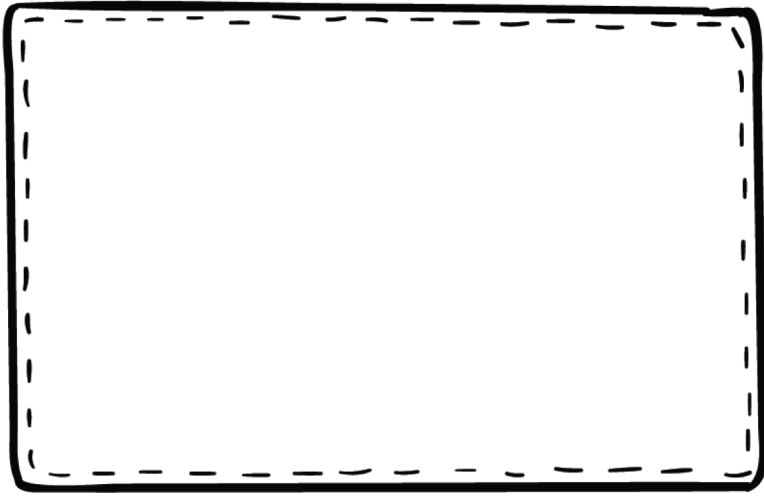
Try to see if you can sculpt your body to look like every letter in the alphabet.

Ask a family member to help you make a family tree. Ask them if they have any interesting stories about your family to share.

Ask a family member to share with you the story of how you got your name.

Write a poem with the starting line "I wish..."

Draw a picture of your dream house or your dream vacation.



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