

SCREEN-FREE ACTIVITIES

OUTDOOR:

- Archery
- Badminton
- Baseball
- Basketball
- Bicycling
- Fishing
- Football
- Gardening
- Golf
- Hiking
- Horseback Riding
- Hunting
- Ice skating
- Kayaking
- Learn to Drive
- Nature Walk and observe...
 - birds
 - insects
 - plants
- Neighborhood walk
- Roller skating/blading
- Rowing
- Skateboarding
- Skiing/snowboarding
- Soccer
- Softball
- Surfing
- Swimming
- Tennis
- Ultimate Frisbee
- Volleyball

INDOOR:

- Baking/Cooking
- Board/card games
- Build something with...
 - blankets and pillows
 - blocks
 - cardboard
 - Legos
 - popsickle sticks
- Ceramics
- Dancing
- Drawing and painting
- Foosball
- Kickboxing
- Knitting or crocheting
- Martial Arts
- Make or listen to music
- Nap
- Photography
- Pickleball
- Racquetball
- Read a...
 - book
 - comic
 - magazine
 - newspaper
- Rock climbing
- table tennis
- Visit a library
- Weightlifting
- Woodworking