

SCREEN FREE WEEK ACTIVITY IDEAS

Check off activities as you complete them or fill in your own.

Instead of watching TV or playing video games, I

Walked the Dog



Instead of watching TV or playing video games, I

Played Frisbee with Friends

Instead of watching TV or playing video games, I

Played a Board Game with my Family

Instead of watching TV or playing video games, I


Read a Book



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Instead of watching TV or playing video games, I

Learned a Trick on my Skateboard



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Instead of watching TV or playing video games, I

Went for a Walk with my Family

Instead of watching TV or playing video games, I

Helped Cook Dinner

Instead of watching TV or playing video games, I

Went to the Park



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Check off activities as you complete them or fill in your own.

Instead of watching TV or playing video games, I

Learned a New Dance



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Instead of watching TV or playing video games, I

Went to a Museum

Instead of watching TV or playing video games, I

Went to the Library

Instead of watching TV or playing video games, I


Painted a Picture



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Instead of watching TV or playing video games, I

Played Soccer



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Instead of watching TV or playing video games, I

Learned a New Card Game

Instead of watching TV or playing video games, I

Went for a Bike Ride

Instead of watching TV or playing video games, I

Learned to Play Guitar



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