

SCREEN-FREE ACTIVITIES

Draw with crayons,
chalk, or markers

Paint with water on
cardboard or sidewalk

Make a collage using
recycled materials

Play with playdough or
homemade dough

Create a "junk art"
robot or sculpture

Read books together
(let your child "read" the pictures)

Tell a story using
stuffed animals or toys

Make up rhymes
or silly songs

Go on a letter hunt
around the house

Retell a favorite story
in your own words

Sort toys by color,
size, or type

Build towers with
blocks or cups

Dance to music

Create an indoor
obstacle course

Practice animal walks
(bear, crab, frog)

Scoop and pour with
cups and rice or beans

Explore textures
in a sensory bin

Clean toys together
with music

Create a
calm-down corner

Watch clouds and
make up stories