

# 50 Screen-Free Ideas for Kids

Choose activities based on your child's age and stage. Not all activities will work for all ages.

## OUTSIDE

1. Go to a park and run, swing or slide.
2. Go for a hike without the stroller.
3. Play hopscotch, catch or kick a ball.
4. Make a snow man or snow angel.
5. Jump in puddles, go to the splash pad or turn on the sprinkler.
6. Draw with sidewalk chalk.
7. Ride a scooter, tricycle or bike. Be sure to wear a helmet.
8. Go for a walk and try different types of walking (tiptoes, quickly, slowly, giant steps, march).
9. Blow bubbles and try to pop them.
10. Go outside and make art. Paint or draw what you see.

11. Play a board game, play cards or do a puzzle.
12. Have a dance party to your child's favourite music.
13. Dress up and put on a play of your child's favourite book.
14. Play "Simon Says".
15. Sing and act out your favourite nursery rhyme or song.
16. Build with blocks or Lego.
17. Blow up a balloon and play catch or volleyball.
18. Go on a scavenger hunt.
19. Make homemade instruments and have a marching band.
20. Draw a shape and have your child turn it into a picture.
21. Build a blanket fort.

## INSIDE

## AT BEDTIME

22. Read a book.
23. Do yoga with your child. For ideas, borrow a child's yoga book from the library.
24. Listen to calming music.
25. Ask your child about the best part of their day or have them draw it.
26. Snuggle with your child.

# AT MEALS

27. Have your child help by washing vegetables, counting out cutlery or setting the table.
28. Make a menu with words or pictures.
29. Have children "make" dinner with playdough.
30. Fill the sink with water, soap and plastic dishes. Have your child wash the dishes.
31. Have your child look through store flyers and find the ingredients for dinner.
32. Make a necklace or bracelet with pasta.
33. Ask your child to tell you about their day or something they are looking forward to.
34. Try a conversation starter: <https://thefamilydinnerproject.org/conversation/conversation-starters/>

35. Play "20 Questions".
36. Play "Car Bingo" or look for colours or letters when you are stopped.
37. Listen to an audio book or children's music. You can borrow some from the library.
38. Make up a story together. You each take turns telling a part.
39. Play "Rock, Paper, Scissors".
40. Draw or practice writing letters using a dry erase board.

# IN A CAR OR BUS

41. Play "Eye Spy".
42. Look at the covers of magazines for different letters, numbers or words.
43. Tell jokes.
44. Make up rhymes together using things in your cart. (e.g. Do fairies like berries?).
45. Pick a letter and try to come up with words that start with that letter. Pick a theme like superheroes or foods to make it harder.

WAITING

# AROUND TOWN

46. Go to an EarlyON Child and Family Centre.
47. Visit [TourismHamilton.com](https://www.tourismhamilton.com) to find local events.
48. Join a group at the library.
49. Visit a local farm and go apple or berry picking.
50. Go to a City of Hamilton Rec Centre.



Hamilton