# Screen-free activity cards

Cut along the dashed lines and keep the cards in a jar or box. Bored? Pick one!

MAKE 1

## Cardboard city

Turn boxes and tubes into houses, shops and roads.

MOVE 2

## Dance party

Three songs in a row. No stopping allowed!

OUTSIDE 3

## Bug hunt

Look under leaves and logs. How many bugs can you spot?

THINK 4

## Tallest tower

Build the tallest tower you can. Measure it!

CALM 5

## Blanket fort

Build a fort with blankets and read inside it.

HELP 6

## Snack chef

Make a snack with a grown-up. You choose the recipe.

MAKE 7

## Comic of my day

Draw your day in four boxes, with speech bubbles.

MOVE 8

## Pillow obstacle course

Crawl, hop and balance your way across the room.

OUTSIDE 9

## Leaf collection

Find five different leaves and put them in order of size.

THINK 10

## Jigsaw time

Pick a puzzle and see how far you get.

CALM 11

## Draw the music

Put on a song and draw what it makes you feel.

HELP 12

## Toy sort

Sort your toys and pick some to give away.

MAKE 13

## Paper plane test

Fold three different planes. Which flies furthest?

MOVE 14

## Statues

Dance until the music stops, then freeze.

OUTSIDE 15

## Chalk art

Draw a giant picture on the ground with chalk.

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Got your own ideas? Write them on scrap paper cards and add them to the jar.

THINK 16

## Card games

Play Go Fish or Snap with someone at home.

CALM 17

## Three good things

Write or draw three things that made you smile today.

HELP 18

## Plant care

Water the plants and check which ones look thirsty.

MAKE 19

## Invent a board game

Draw the board, make the rules, play a round.

MOVE 20

## Hop and count

Hopscotch or skipping: can you beat your best score?

OUTSIDE 21

## Cloud shapes

Lie down and find animals in the clouds.

THINK 22

## Secret code

Invent a code and write a secret message.

CALM 23

## Old photos

Look at family photos and ask for the stories.

HELP 24

## Dinner planner

Help plan tomorrow's dinner and write the list.

MAKE 25

## A card for someone

Make a card for a person you love and give it.

MOVE 26

## Animal yoga

Stretch like a cat, a cobra and a flamingo.

OUTSIDE 27

## Plant a seed

Plant a seed in a cup and check it every day.

THINK 28

## 20 questions

Think of an animal. Others ask yes or no questions.

CALM 29

## Listening game

Close your eyes. Name every sound you can hear.

HELP 30

## Restaurant table

Set the table like a fancy restaurant, menu and all.