

Screen Free Day

- ☐ Play a board or card game
- ☐ Do a jigsaw
- ☐ Draw or paint something
- ☐ Bake or cook something
- ☐ Do some yoga or Pilates
- ☐ Go on a picnic
- ☐ Write - journal, write a song, a short story or a novel
- ☐ Read a book or magazine
- ☐ Go ten pin bowling or play mini golf
- ☐ Organise your wardrobe or tidy your room
- ☐ Do some word or number puzzles
- ☐ Go for a walk or bike ride
- ☐ Grow something
- ☐ Do some craft - knitting, crochet, cross-stitch, sewing, embroidery, make slime, modelling clay, jewellery making etc.

