

Screen-Free Summer

Keep kids engaged and off their screens

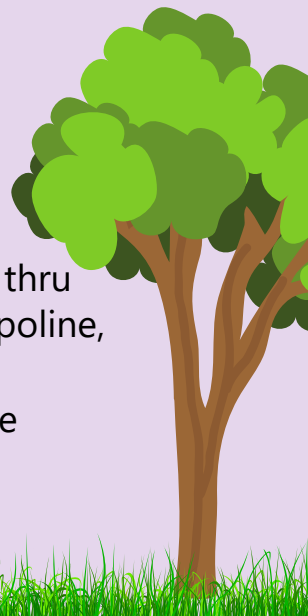
Feel free to swap these activities to fit your child's interests and development.

Ages 2-5



- **Dance party**
- **Swing** - swing set, blanket & 2 adults
- **Bubbles** - take turns blowing & popping, who can make biggest/smallest bubble
- **Balloons** - volleyball, "Hot Potato," how big can one be before popping
- **Water play** - sprinkler, tub of water, pool, wash the car, water gun fight

Ages 6-9



- **Follow the leader**
- **Explore outdoors**
- **Build** - fort, tower, drive thru
- **Jump** - jump rope, trampoline, how high far, short
- **Act it out** - your favorite movie, book, or TV show

Ages 10-14



- **Hallway hopscotch**
- **Play the floor is lava**
- **Hide & seek** - hide flashcards around house & kids give answer, name number
- **Obstacle course** - use pillows, pool noodles, baskets, chairs, boxes
- **I Spy cleanup** - name object & kids pick it up/put away before time runs out

Ages 15-22

- **Cook/bake** - family favorites, try foods from other cultures, healthy recipes
- **Neighborhood scavenger hunt** - find a bench, pinecone, flag, bike, dog
- **Movie night**
- **Dance party**
- **Game night**

