

20 (mostly) Screen-Free Activities to Build Connection

1. **Cooking Show:** Share a recipe with a friend or family member and make it together using a video messaging app, like FaceTime or Zoom.
2. **Special Delivery:** Write a note to a neighborhood friend and deliver it to their mailbox on a walk or bike ride.
3. **At-Home Camp Out:** Create a tent or use one in your back yard or living room. Find all of your camping supplies!
4. **Nature Walk:** Take a sensory walk, choose a sense (hearing, sight, touch, smell, taste), and notice 5 things you sense.
5. **Nature Art Collage:** Get creative with a collage using found objects from your yard or nature walk.
6. **Fairy/Dinosaur/Unicorn Garden:** Make a creative play space in the yard or a flowerpot with small figurines in the dirt/sand and plants. This is a great activity for shared or independent play!
7. **Fairy/Dinosaur/Unicorn Community:** Same as above but indoors and with building toys, like blocks, instead of plants and dirt.
8. **Tower Contest:** Who can build the tallest tower? Get creative with materials!
9. **Bug Scientist:** Go exploring and see what bugs you can discover! Bonus if one lands on you!
10. **Giant Board Game:** Make a giant game board with chalk and a giant dice and you as the pieces!
11. **Sensory Play:** Create a sensory station with sensory stimulating object (rice, sand, pasta, water beads) using different containers, scoops, and tools.
12. **Photo book:** You can make a family album with drawings or actual pictures of family members.
13. **Dress up Dance Party:** Get creative with your outfit and accessories and dance it out!
14. **Homemade Moon Sand:** Mix together flour and oil (baby oil or a cooking oil) and coloring.
15. **Homemade, Edible play dough:** Mix together 1 cup flour, 1/4 cup of salt, 1/2 cup warm water, color
16. **Play dough alphabet:** What can you spell with dough? Can you write your name? Sing the ABCs?
17. **Science Experiment:** Get creative! Some ideas: color water- blue, red, and yellow and guess what will happen when you mix them.
18. **Shaving Cream Art:** Spell and form letters, numbers, and shapes with shaving cream or whipped cream in a cookie sheet. Try adding some food coloring!
19. **Create a Story:** Spend some time on the floor with figures and building blocks and make it up as you go. Let your child take the lead and see where they go!
20. **Object Hide 'n Seek:** Take turns hiding and object around the house and finding it.