

# SCREEN FREE

Our family is working on having less time in front of screens. I've created this chart to help fight the "boredom"

*Homespun  
Texas*

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**Draw your dream house**

**Build a blanket fort**

**Write a letter to a relative**

**Do a puzzle or play a board game**

**Use shaving cream on the mirror**

**Build a backyard shelter**

**Create a puppet and put on a show**

**Draw yourself at 25 years**

**Design a marble maze using paper plates, tape and straws**

**Develop your own board game**

**Head outside and play with chalk, ride your bike, or explore**

**Plan out a meal for the weekend. What do we need to buy?**

**Make a book about your favorite things**

**Play with kinetic sand or playdough**

**Write your own song and perform it**

# BOREDOM BUSTER

Sometimes it's helpful to provide more meaningful ways to use electronics rather than just watching a movie or playing a game. This list helps our children use technology with purpose.

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**Make a stop motion video**

**Watch a movie and write a review**

**Develop a video game using Scratch**

**Learn a new dance and video yourself**

**Find a dessert recipe online and make it**

**Where would you like to travel? Research it and create a poster**

**Type a letter or send an email to a relative or friend**

**Make a movie while you explore outside**

**Make a presentation about your pet or favorite animal**

**Find a dessert recipe online and make it**

**Go on a virtual field trip (locate a zoo, museum or National Park that you want to visit)**

**Listen to a podcast, audiobook, or watch a story on YouTube**

**Find a video series to learn a new language**

**Research about some local places to visit. Make a chart of the hours, admission prices and other info**

**Find a recipe for slime and make it**

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Thank you for your honesty! Wishing your family homespun happiness!

*Heather*

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