

No screen day challenge checklist:

Play!

- ☐ Build an indoor fort.
- ☐ Go on an indoor scavenger hunt.
- ☐ Play a card game.
- ☐ Set up a pretend post office.
- ☐ Set up a pretend library.
- ☐ Play a board game.
- ☐ Play I-spy.
- ☐ Play Hide and Seek!
- ☐ Make and host a quiz for your family.

Read!

- ☐ Read a new book by your favourite author.
- ☐ Read a book of poems.
- ☐ Read a joke book.
- ☐ Read a non-fiction book on a topic you want to learn more about.
- ☐ Start a new series.
- ☐ Read a comic book.
- ☐ Read a book written and write a book review for someone younger than you.

Explore!

- ☐ . Go on a nature walk, make note of what you see.
- ☐ Explore the nearest field to you.
- ☐ Find a new path to ride your bike/scooter on.

Learn!

- ☐ . Learn a magic trick.
- ☐ Learn some words in sign language.
- ☐ Learn a few new words in a different foreign language to French.
- ☐ How to tie your shoe laces.
- ☐ How to fasten the top button on your shirt without any help.
- ☐ To make your own bed.

Help!

- ☐ Wash the car/dishes after tea.
- ☐ Care for a pet/plant.
- ☐ Help with gardening.
- ☐ Dust the furniture
- ☐ Help to Hoover a room.
- ☐ Folding the washed clothes/pair up the socks.

No screen day challenge checklist continued:

Make!

- ☐ Make a yummy, healthy snack.
- ☐ Cook dinner as a family.
- ☐ Make slime.
- ☐ Do a science experiment.
- ☐ Make friendship bracelets/
- ☐ Write and illustrate your very own book.
- ☐ Write and illustrate a poem.
- ☐ Create a painting based on an existing style.

Connect!

- ☐ Call a relative you haven't seen for a while.
- ☐ Teach someone in your house to do something new.
- ☐ Write a letter to someone in the community: your neighbour, shop workers, care home residents and post it.
- ☐ Make and write a thank you card.
- ☐ Write a kind note to someone in your house and hide it somewhere for them to find.
- ☐ Carry out a random act of kindness for someone.

Go Outside!

- ☐ Have a picnic in the garden.
- ☐ Go on a bike ride.
- ☐ Make pavement chalk art.
- ☐ Puddle jump on a rainy day.
- ☐ Build an outdoor fort
- ☐ Set up an art easel outside and sketch something in nature: a tree, a flower etc.
- ☐ Go on a photography walk.
- ☐ Plant a flower or food plant.
- ☐ Fly a kit.
- ☐ Make some nature art.
- ☐ Go for a walk with your family and talk about something that you enjoyed seeing.

Move!

- ☐ Shoot hoops at the nearest basketball net.
- ☐ Set up an obstacle course.
- ☐ Have a dance party.
- ☐ Try Yoga.
- ☐ Make your own bowling alley and play a few games.