



SLOWER DAYS • BRIGHTER TOMORROWS

50 SCREEN-FREE ACTIVITIES

for happier days at home and outdoors

QUICK & EASY

- ☐ Build the tallest tower using cushions, cups or blocks.
- ☐ Create an indoor obstacle course with pillows, tape and chairs.
- ☐ Try a five-minute scavenger hunt.
- ☐ Make paper aeroplanes and test which flies furthest.
- ☐ Have a family dance break to one favourite song.
- ☐ Draw a silly creature, taking turns adding body parts.
- ☐ Set up a toy-car wash with a basin, cloth and soapy water.
- ☐ Build a blanket fort and read stories inside.

little moments, big memories

MAKE & CREATE

- ☐ Play the floor is lava with cushion stepping stones.
- ☐ Sort household objects by colour, size or shape.
- ☐ Create a family comic strip.
- ☐ Make a cardboard-box town for toys.
- ☐ Paint rocks as bugs, monsters or garden markers.
- ☐ Make a dream board from old magazines.
- ☐ Design a treasure map of your home or garden.
- ☐ Make puppets from bags, socks or wooden spoons.

little moments, big memories

GO & EXPLORE

- ☐ Create nature art with leaves, shells, sticks and stones.
- ☐ Invent a board game, including rules and pieces.
- ☐ Write and illustrate a tiny book.
- ☐ Make playdough or clay creations.
- ☐ Go on a colour hunt and draw what you find.
- ☐ Create a nature scavenger hunt.
- ☐ Draw a giant chalk town or obstacle course.
- ☐ Have a garden picnic, even for snack time.
- ☐ Wash bicycles, scooters or outdoor toys.

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MORE LITTLE ADVENTURES

for happier days at home and outdoors

QUICK & EASY

- ☐ Build a fairy garden or miniature dinosaur world.
- ☐ Plant easy seeds in a pot.
- ☐ Try a family relay race.
- ☐ Find cloud shapes and invent stories about them.
- ☐ Take a listening walk and count the sounds.
- ☐ Ask family-interview questions.
- ☐ Cook or bake something simple together.
- ☐ Create a family time capsule.

little moments, big memories

MAKE & CREATE

- ☐ Plan a mini weekend adventure on a small budget.
- ☐ Share three good things at the end of the day.
- ☐ Trace each other's shadows with chalk outdoors.
- ☐ Keep a balloon in the air as long as possible.
- ☐ Set up homemade bowling with plastic bottles.
- ☐ Play charades with animals, jobs or story characters.
- ☐ Dress up and invent a family story.
- ☐ Try a LEGO or block-building challenge.

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GO & EXPLORE

- ☐ Make a cosy reading picnic with blankets and snacks.
- ☐ Play shop, cafe or restaurant with toys and menus.
- ☐ Play a sound guessing game with household objects.
- ☐ Build a domino trail with blocks, books or cards.
- ☐ Sort stickers, buttons or crayons into colour groups.
- ☐ Put on a puppet show for the family.
- ☐ Make simple instruments and start a kitchen band.
- ☐ Paint outside with water and big brushes.
- ☐ Create a family photo treasure hunt.

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