

SCREEN-FREE

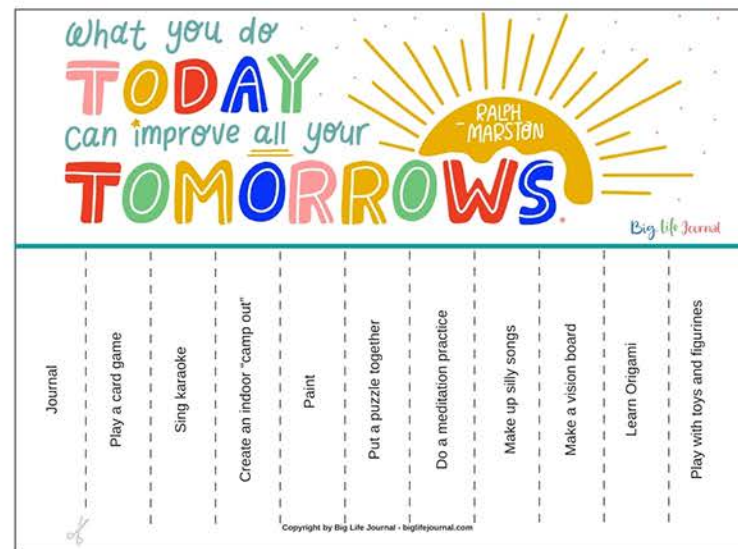
ACTIVITIES

Tear-Off Posters

Feeling a little bored or just want to do something fun? We have A LOT of ideas for you! Tear off an activity from one of the posters to explore your creative side or uncover a special skill.

Which one will you choose?

Print pages 2-5. Cut along the dotted line to make strips you can tear off whenever you want to try a new activity.



Write or draw in your journal

Play a card game

Sing karaoke

Create an indoor "camp out"

Paint or draw

Put a puzzle together

Learn a magic trick

Make up silly songs

Make a dream (or vision) board

Learn or practice Origami

Create your own magazine



Design a board game

Build a tower out of cards

Bake a treat

Write and illustrate a book

Make paper airplanes and see which one can fly the farthest

Play charades

Listen to Big Life Kids podcast

Make a card for someone

Design the menu for tonight's meal

Write a poem, song, or story

Play store

MAKE IT COUNT.

You will never have this day again. So



Read a book or magazine



Make clothes for dolls or toys out of scrap fabric

Go for a nature walk

Create shadow art

Create leaf rubbing art

Play Mad Libs and word searches

Play school

Draw cartoons or comic strips

Color

Paint kindness rocks

Create a spaceship out of a cardboard box

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Look deep into nature, then you will UNDERSTAND EVERYTHING better.



Big Life Journal

Listen to an audiobook

Make a fort

Use socks as puppets and have a puppet show

Host a radio show

Play hide and seek

Learn to juggle

Do a science experiment

Make paper flowers or snowflakes

Create an imaginary creature and write its story

Play Simon Says

Draw or paint pictures and host an art show

make time for what makes

YOU HAPPY

