

100 things to do without screens

instagram @homelearninghelp

Build a den.	Make something out of junk.	Play a board game.	Start a nature diary. What can you see outside? How does it change?	Make your own wordsearch.	Work on your photography skills.	Bake a cake.	Design and write a postcard to a friend.	Learn how to juggle.	Make your own comic.
Read!	Play I-Spy	List 10 things that make you happy.	Write a poem.	Write a letter to someone who is a hero.	How do you make the best paper plane? Investigate!	Design, make and play your own board game.	Write in a journal.	Use an old sock to create a puppet.	Do some yoga.
Make an obstacle course.	Make cards for upcoming birthdays.	Act out your favourite story.	Cut up old magazines and newspapers to make a collage.	Make a treasure map.	Learn a magic trick.	Make finger puppets.	What's the tallest tower you can make using just 1 pack of cards?	Play noughts and crosses.	Write your own play and perform it.
Play hide and seek.	Create a secret code and see if someone else can crack it.	Sketch something.	What's the best Lego creation you can make?	Have a dance off or learn a routine.	Design your own planet.	Have a scavenger hunt.	If you had a restaurant, what would you cook? Design the menu.	Write a song.	Create a self-portrait.
Paint.	Design and make your own magazine	Draw what you can see out of the window.	Make a time capsule and bury it.	Make a paper rollercoaster for a marble.	Go camping... inside!	Can you make a bridge that takes the weight of 10 coins?	Do a workout.	Design something that you would like to invent.	Write some kind notes for your neighbour
Play musical statues.	Have a cinema afternoon at home.	Write your own comedy show – can you make someone else laugh?	Origami.	Make your own table football with a screwed up ball of paper.	Make your own crossword.	Make a map of your local area.	Find a world record that you could break.	Complete (or try to make your own!) Sudoku.	Make a bucket list.
Play a memory game like 'I went to the zoo and saw...'	Make a parachute for a small toy.	Write and illustrate your own story.	Make salt dough creations.	Use a torch to make a shadow puppet theatre.	Make a bookmark.	Have a rock, paper, scissors tournament.	Make friendship bracelets.	How many words can you make from the letters in this question?	Play 'Simon says.'
Make homemade bubbles.	Play 'capture the flag'.	Make a fortune teller.	Tidy up a rom.	Draw a robot and labels all its parts.	Make a fort out of cardboard boxes.	Play charades.	Make a 'no sew' bag from an old t-shirt (Google if unsure of how)	Make your own trivia game.	Find 3 things that you could donate.
Make your own 'guess who' game.	Can you make a boat that floats in the sink?	Learn 'cat's cradle' (you can use string).	Practise bubble writing or calligraphy.	Meditate.	Play twister (you can make your own version with paper and pens).	Make your own musical instruments and start a band.	Make a kite to fly when you can get outside.	Thumb war!	Play 'Marco, Polo'.
Climb a tree.	Create your own flip book.	Make a family tree.	Do a jigsaw puzzle.	Design your dream home.	Play 'go fish'.	Make your own at home bowling alley with empty tins and a sock ball.	Play 'squares'.	List 10 things you like about your friend and send it to them.	'Make up your own language.