

# 100

## THINGS TO DO AS A FAMILY AWAY FROM SCREENS AND TECHNOLOGY

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In today's tech-centered world, finding time to connect as a family without screens can be challenging but incredibly rewarding. This list, 100 Things to Do as a Family Away from Screens and Technology, is a starting point to inspire tech-free moments filled with fun, creativity, and connection. While not every idea will suit every family, these activities are meant to spark conversation and help you explore new ways to spend time together. Some ideas might feel unfamiliar or even push you out of your comfort zone, and that's okay, these experiences can be surprising opportunities for growth and bonding.

Remember, this list is adaptable. Some activities may be more suitable for different ages or interests, so feel free to make adjustments to fit your family's needs. You can also add your own ideas, making it a personalized resource for creating enjoyable screen-free times.

Consider using this list to start conversations as a family, deciding together what to try during a tech-free morning, day, or weekend. Whether you begin with one small step or dive in with a full day, these activities offer endless ways to create meaningful, memorable family moments beyond the screen.

Here's a comprehensive list of 100 tech-free family activities to inspire fun, creativity, and connection.



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## Outdoor Activities

1. Go for a hike / bush walk
2. Visit a local park
3. Have a picnic or a BBQ
4. Go for a bike ride
5. Fly a kite
6. Go to the beach
7. Take a nature walk and collect things
8. Go fishing
9. Try birdwatching
10. Camp in the garden
11. Visit a botanical garden
12. Family water fight in the garden
13. Play frisbee
14. Go swimming
15. Try geocaching (print out clues before leaving)
16. Go on a scenic drive
17. Play hide and seek outdoors
18. Visit a farmer's market
19. Plant flowers or a small garden
20. Try a scavenger hunt in the neighbourhood

## Indoor Activities

21. Make a scrapbook of family photos
22. Have a family movie night with no interruptions
23. Organise a treasure hunt in the house
24. Build a fort with blankets and pillows
25. Do a jigsaw puzzle together
26. Bake cookies or make homemade pizza
27. Make a time capsule
28. Have a board game marathon
29. Create a family tree
30. Play charades
31. Do an arts and crafts project

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32. Paint or draw together
  33. Build a model (e.g., airplane, car)
  34. Do a science experiment
  35. Host a family talent show
  36. Organise a family story night
  37. Have a baking competition
  38. Make jewellery or friendship bracelets
  39. Read a book aloud as a family
  40. Write a story together

### **Games and Sports**

41. Play soccer or basketball in the garden
42. Play catch or baseball
43. Set up a mini-golf course in the backyard
44. Have a family skipping or jump rope contest
45. Play hopscotch
46. Try a tug-of-war game
47. Organise a sack race
48. Try skateboarding or roller skating
49. Have a family relay race
50. Learn to juggle together

### **Creative Projects**

51. Make homemade playdough
52. Create a family vision board
53. Write letters to each other or a relative
54. Make and decorate a birdhouse
55. Create a scrapbook from a recent trip
56. Paint rocks and place them around the garden
57. Start a family journal
58. Set up a family herb garden
59. Make salt dough ornaments
60. Create your own family logo or coat of arms

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## **Community and Service**

- 61. Volunteer at a local charity or shelter
- 62. Sort and donate unused toys and clothes
- 63. Bake something for a neighbour
- 64. Make care packages for the homeless
- 65. Pick up litter in a local park
- 66. Plan a family garage sale
- 67. Help out at a community garden
- 68. Make and write thank you cards for someone in your community
- 69. Volunteer as a family to help out at a local community event
- 70. Help an elderly neighbour with their garden

## **Educational and Mind-Stretching Activities**

- 71. Visit a local museum
- 72. Attend a community theatre play
- 73. Do a historical walking tour of your town
- 74. Visit the library and pick out new books
- 75. Take a self-guided art walk or mural tour
- 76. Research family history and make a family tree
- 77. Practice a new language together
- 78. Learn about local wildlife and try to spot some
- 79. Have a 'country of the week' where you learn about a different place
- 80. Try storytelling: each person adds a line to a story

## **Cooking and Food Activities**

- 81. Make homemade ice cream
- 82. Try canning or pickling vegetables
- 83. Host a family cook-off with a mystery ingredient
- 84. Make fresh pasta together
- 85. Create your own pizzas with unique toppings
- 86. Try making sushi rolls
- 87. Learn to make bread from scratch

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- 88. Bake a family cake with all your favourite flavours
  - 89. Make homemade popcorn with unique flavours
  - 90. Cook a meal from a different culture

### **Home and Life Skills**

- 91. Rearrange or redecorate a room together
- 92. Learn basic sewing or knitting
- 93. Build a simple woodworking project
- 94. Start a family chore chart with fun rewards
- 95. Organize a family photo album
- 96. Create a budget together for a fun outing
- 97. Learn a new dance as a family
- 98. Have a “home spa” day with DIY treatments
- 99. Organize a family camping or adventure fund
- 100. Teach each other something new: everyone has a skill or hobby to share

These 100 activities cover everything from outdoor adventures and community service to creative projects and life skills, offering families a wealth of fun ways to connect without screens.

