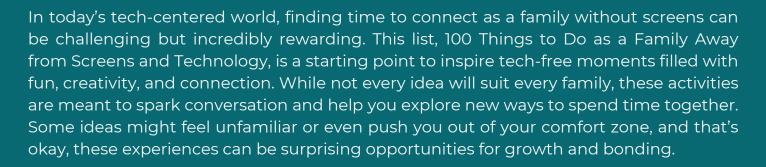


100

THINGS TO DO AS A FAMILY AWAY FROM SCREENS AND TECHNOLOGY



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.







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



- 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



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



- 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.



