



30-DAY SCREEN-FREE SUMMER CHALLENGE

Name _____

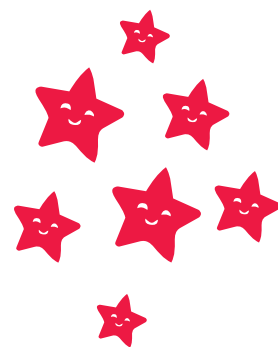
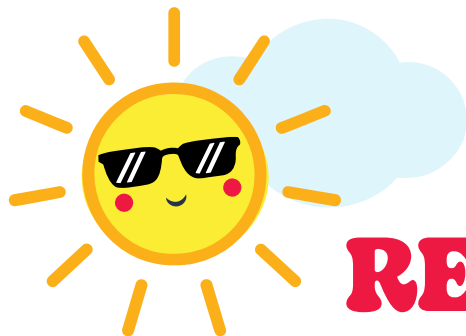
One fun idea each day to help kids unplug, play, and enjoy summer.

- | | |
|--|--|
| ☐ 1. Play outside for 20 minutes | ☐ 16. Help with one chore |
| ☐ 2. Read a book | ☐ 17. Play pretend |
| ☐ 3. Draw a summer picture | ☐ 18. Make a nature collage |
| ☐ 4. Build something with blocks or LEGO® | ☐ 19. Try a simple science activity |
| ☐ 5. Go on a nature walk | ☐ 20. Dance to your favorite song |
| ☐ 6. Help make a snack | ☐ 21. Have a picnic lunch |
| ☐ 7. Have a screen-free morning | ☐ 22. Write or draw a story |
| ☐ 8. Play a board game | ☐ 23. Play with water outside |
| ☐ 9. Make a paper craft | ☐ 24. Do a puzzle |
| ☐ 10. Try a movement challenge | ☐ 25. Make up a new game |
| ☐ 11. Build a blanket fort | ☐ 26. Call or write to someone you love |
| ☐ 12. Water the plants | ☐ 27. Sort and donate a toy |
| ☐ 13. Create with sidewalk chalk | ☐ 28. Spend 30 minutes outdoors |
| ☐ 14. Have quiet reading time | ☐ 29. Plan a family activity |
| ☐ 15. Do a scavenger hunt | ☐ 30. Celebrate your screen-free wins |



Check off each challenge as you complete it!





REWARD CHART

TRACK YOUR PROGRESS AND EARN A FUN REWARD!

Name _____

≡ My Goal ≡

≡ My Reward ♥ ≡

≡ My Progress ≡

1		2		3		4		5		6	
7		8		9		10		11		12	
13		14		15		16		17		18	
19		20		21		22		23		24	
25		26		27		28		29		30	

≡ How I'm Doing ≡

☐

Trying my best

☐

Getting better

☐

Almost there



REWARD IDEAS

USE THESE IDEAS TO CELEBRATE SMALL WINS AND BIG ACCOMPLISHMENTS!



EXPERIENCES

- ☐ Ice cream date
- ☐ Go to the park
- ☐ Visit the splash pad
- ☐ Pick a nature adventure
- ☐ Go mini golfing
- ☐ Have a picnic
- ☐ Visit the library
- ☐ Go to a farmers market
- ☐ Watch the sunset
- ☐ Try a new trail or beach



FUN & PLAY

- ☐ Stay up 30 minutes later
- ☐ Extra playtime outside
- ☐ Water balloon fight
- ☐ Movie night pick
- ☐ Board game night
- ☐ Have a fort building day
- ☐ Backyard campout
- ☐ Pick a family game
- ☐ Dance party
- ☐ Choose a fun activity



TREATS

- ☐ Ice cream or frozen treat
- ☐ Special drink or smoothie
- ☐ Bake something together
- ☐ Candy or snack of choice
- ☐ Make your favorite dessert
- ☐ Go out for a treat
- ☐ Choose a fun breakfast
- ☐ Have a popcorn party
- ☐ Pick a new snack to try
- ☐ Special homemade treat



CREATIVE & LEARNING

- ☐ Pick a new art supply
- ☐ Do a craft project
- ☐ Paint something
- ☐ Try a new recipe
- ☐ STEM or science kit
- ☐ Learn something new
- ☐ Build with LEGO®
- ☐ Create a mini art gallery
- ☐ Start a new book
- ☐ Do a puzzle together



SPECIAL PRIVILEGES

- ☐ Choose a family activity
- ☐ Help plan a meal
- ☐ Pick the music
- ☐ No chores for a day
- ☐ Extra screen time pass
- ☐ Sleep in or late wake-up
- ☐ Pick the weekend plan
- ☐ Be the boss of a game
- ☐ Extra bath time fun
- ☐ Choose the bedtime story



TIME TOGETHER

- ☐ One-on-one time with parent
- ☐ Family movie night
- ☐ Go for a bike ride together
- ☐ Play a favorite game
- ☐ Take a fun photo walk
- ☐ Write letters to each other
- ☐ Family karaoke night
- ☐ Plan a weekend adventure
- ☐ Cook a meal together
- ☐ Have a tech-free day



COLLECTIBLES

- ☐ Sticker pack
- ☐ New book or magazine
- ☐ Small toy or figure
- ☐ Fun pencil or pen
- ☐ Keychain or charm
- ☐ Journal or notebook
- ☐ New water bottle
- ☐ Collectible card pack
- ☐ Stuffed animal
- ☐ Trader or activity cards



SERVICE AND GIVING

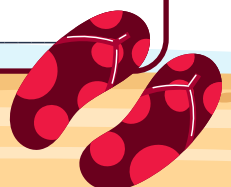
- ☐ Choose a charity to donate to
- ☐ Make a care package
- ☐ Do a kindness challenge
- ☐ Help a neighbor
- ☐ Pick a way to give back
- ☐ Donate toys or books
- ☐ Write thank you notes
- ☐ Help with a cause
- ☐ Make cards for someone
- ☐ Do a family service project

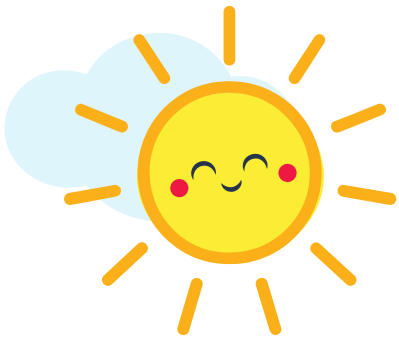


CUSTOM REWARDS

Write your own reward ideas!

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____





OUTDOOR ACTIVITY CHECKLIST



TRY NEW ACTIVITIES, HAVE FUN, AND ENJOY THE OUTDOORS!

- | | | |
|---|---|--|
| ☐ Go for a nature walk | ☐ Shoot hoops | ☐ Play pickleball or tennis |
| ☐ Ride a bike or scooter | ☐ Jump rope | ☐ Play at the playground |
| ☐ Play a sport | ☐ Draw with sidewalk chalk | ☐ Build in the sand |
| ☐ Go on a hike | ☐ Play in the sprinkler | ☐ Skip rocks |
| ☐ Go on a bug hunt | ☐ Go fishing | ☐ Explore a creek or lake |
| ☐ Take photos of nature | ☐ Garden or plant flowers | ☐ Have an outdoor nap |
| ☐ Watch birds | ☐ Play frisbee | ☐ Sit around a campfire |
| ☐ Have a picnic | ☐ Relax in a hammock | ☐ Go on an evening walk |
| ☐ Fly a kite | ☐ Go on a scavenger hunt | ☐ Stargaze |
| ☐ Go roller blading | ☐ Read a book outside | ☐ Camp in the backyard |

≡ **My Favorite Outdoor Activity** ≡

**FRESH AIR
ACTIVE BODY
HAPPY MIND**





Ψ INDOOR ACTIVITY CHECKLIST

STAY CURIOUS, GET CREATIVE, AND ENJOY THE MOMENT.



CREATE & IMAGINE

- ☐ Draw or color a picture
- ☐ Paint something
- ☐ Do a craft or DIY project
- ☐ Build with LEGO® or blocks
- ☐ Make up a story
- ☐ Write in a journal
- ☐ Design something new
- ☐ Make a vision board

LEARN & DISCOVER

- ☐ Read a book
- ☐ Learn something new
- ☐ Do a science experiment
- ☐ Solve a puzzle
- ☐ Play an educational game
- ☐ Learn a new skill
- ☐ Watch a documentary
- ☐ Explore a new topic

GAME & CHALLENGES

- ☐ Play a board game
- ☐ Do a jigsaw puzzle
- ☐ Play cards
- ☐ Try a brain teaser
- ☐ Complete a scavenger hunt
- ☐ Challenge family to a quiz
- ☐ Build a domino chain
- ☐ Have a dance-off

COOK & BAKE

- ☐ Bake cookies or brownies
- ☐ Try a new recipe
- ☐ Make a homemade pizza
- ☐ Decorate cupcakes
- ☐ Make a smoothie
- ☐ Help plan a family meal
- ☐ Do a taste test
- ☐ Create your own recipe

MOVE & GROOVE

- ☐ Have a dance party
- ☐ Do a yoga or stretching session
- ☐ Try an indoor workout
- ☐ Learn a new dance
- ☐ Play an instrument
- ☐ Sing karaoke
- ☐ Do a fun movement game
- ☐ Try a guided meditation

RELAX & UNWIND

- ☐ Have a movie night
- ☐ Make a cozy reading nook
- ☐ Listen to an audiobook
- ☐ Do a puzzle together
- ☐ Take a bubble bath
- ☐ Practice deep breathing
- ☐ Write letters or notes
- ☐ Enjoy quiet time

CAPTURE & REMEMBER

- ☐ Take fun photos
- ☐ Make a photo album
- ☐ Create a scrapbook
- ☐ Make a family time capsule
- ☐ Record a video message
- ☐ Draw your family
- ☐ Start a gratitude list
- ☐ Make memory jars

LEARN & DISCOVER

- ☐ Have a family game night
- ☐ Do a kindness challenge
- ☐ Write thank you notes
- ☐ Call a loved one
- ☐ Plan a family bucket list
- ☐ Do a teamwork activity
- ☐ Volunteer (virtually or locally)
- ☐ Have a heart-to-heart talk

GAME & CHALLENGES

- ☐ Declutter your room
- ☐ Organize a closet or drawer
- ☐ Create a chore chart
- ☐ Plan your week
- ☐ Make a DIY room decor
- ☐ Start a collection
- ☐ Rearrange your space
- ☐ Create a goal board

≡ My Favorite Indoor Activity ≡



RAINY DAY ACTIVITY IDEAS

RAINY DAYS ARE PERFECT FOR SLOWING DOWN, GETTING CREATIVE, AND MAKING MEMORIES.

GET CREATIVE

- ☐ Draw or color a picture
- ☐ Paint with watercolors
- ☐ Do a craft or DIY project
- ☐ Make a collage
- ☐ Design and decorate rocks
- ☐ Create friendship bracelets
- ☐ Build with LEGO® or blocks
- ☐ Make homemade playdough
- ☐ Make greeting cards
- ☐ Decorate a box and turn it into a treasure chest

LEARN & DISCOVER

- ☐ Read a book or comics
- ☐ Listen to an audiobook
- ☐ Learn something new online
- ☐ Watch a documentary
- ☐ Do a science experiment
- ☐ Explore a new topic
- ☐ Solve puzzles
- ☐ Practice handwriting
- ☐ Learn a magic trick
- ☐ Research and plan a trip or adventure

ACTIVE & MOVING

- ☐ Have an indoor dance party
- ☐ Do a yoga or stretching session
- ☐ Try an indoor workout
- ☐ Play a balloon volleyball game
- ☐ Have a sock hop contest
- ☐ Go on an indoor obstacle course
- ☐ Play Simon Says
- ☐ Try a Just Dance™ game
- ☐ Do a family relay race
- ☐ Play hide and seek

COOK & BAKE

- ☐ Bake cookies or brownies
- ☐ Try a new recipe
- ☐ Make homemade pizza
- ☐ Pop popcorn and get cozy
- ☐ Make a smoothie
- ☐ Decorate cupcakes
- ☐ Make trail mix
- ☐ Have a family cook-off
- ☐ Set the table and have a picnic indoors
- ☐ Make hot chocolate

RELAX & UNWIND

- ☐ Have a movie night
- ☐ Build a cozy blanket fort
- ☐ Take a bubble bath
- ☐ Listen to music and relax
- ☐ Do a guided meditation
- ☐ Write in a journal
- ☐ Take a nap
- ☐ Practice deep breathing
- ☐ Enjoy quiet time
- ☐ Do a gratitude list

GAMES & CHALLENGES

- ☐ Play board games
- ☐ Do a jigsaw puzzle
- ☐ Play cards
- ☐ Challenge family to a quiz
- ☐ Have a scavenger hunt
- ☐ Build a tower with cups
- ☐ Play Would You Rather?
- ☐ Do a 10-minute tidy challenge
- ☐ Create your own game
- ☐ Try an escape room (at home!)

BUILD & EXPLORE

- ☐ Build a fort
- ☐ Build with LEGO® or blocks
- ☐ Build a marble run
- ☐ Create with cardboard boxes
- ☐ Make a mini indoor garden
- ☐ Build a robot or invention
- ☐ Do a STEM activity
- ☐ Explore a virtual museum
- ☐ Make a diorama
- ☐ Create a rainy day jar

CONNECT & CARE

- ☐ Write letters to friends or family
- ☐ Make thank you cards
- ☐ Call or video chat with someone you love
- ☐ Make a kindness jar
- ☐ Do a random act of kindness
- ☐ Interview a family member
- ☐ Create a family bucket list
- ☐ Play "I Spy" together
- ☐ Do a family talent show
- ☐ Share your favorite memories

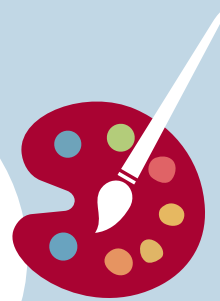
BONUS IDEA!

**Grab a blanket,
your favorite snack,
and enjoy the rain
from a window.
Sometimes watching
the rain can be the
best activity of all!**



CREATIVE TIME

ACTIVITY IDEAS



USE YOUR IMAGINATION. EXPRESS YOURSELF. HAVE FUN!

DRAW & SKETCH

- ☐ Draw a self-portrait
- ☐ Sketch your favorite place
- ☐ Create a character
- ☐ Doodle your day
- ☐ Draw with shapes
- ☐ Make a comic strip
- ☐ Sketch something in nature

PAINT & COLOR

- ☐ Paint with watercolors
- ☐ Make a color splash painting
- ☐ Try acrylic or tempera paint
- ☐ Color a mandala
- ☐ Paint a rock
- ☐ Create a sunset or galaxy scene
- ☐ Make a handprint masterpiece

CRAFT & BUILD

- ☐ Make a paper sculpture
- ☐ Build with LEGO® or blocks
- ☐ Create a cardboard invention
- ☐ Make a friendship bracelet
- ☐ Design and decorate a picture frame
- ☐ Make origami
- ☐ Build a model or diorama

CREATE & DESIGN

- ☐ Design your dream room
- ☐ Make a vision board
- ☐ Design a new invention
- ☐ Create a board game
- ☐ Make a poster
- ☐ Design your own clothing or shoes
- ☐ Create a logo

WRITE & STORYTELL

- ☐ Write a short story
- ☐ Create a story starter jar
- ☐ Write a poem or rap
- ☐ Make a mini book
- ☐ Write a letter to your future self
- ☐ Invent a new language
- ☐ Write a song or lyrics

MUSIC & SOUND

- ☐ Write a song
- ☐ Make music with household items
- ☐ Play an instrument
- ☐ Create a beat or rhythm
- ☐ Sing your favorite song
- ☐ Make up a dance
- ☐ Record a podcast or voice story

PHOTOGRAPHY & FILM

- ☐ Take creative photos
- ☐ Try close-up photography
- ☐ Make a photo collage
- ☐ Create a stop-motion video
- ☐ Film a short movie
- ☐ Take pictures from a new perspective
- ☐ Edit your photos

MIXED MEDIA

- ☐ Make a collage
- ☐ Use magazine cutouts
- ☐ Create mixed media art
- ☐ Textured art with tissue or fabric
- ☐ Use natural materials in your art
- ☐ Experiment with different materials

EXPLORE & EXPERIMENT

- ☐ Try printmaking
- ☐ Use chalk pastels
- ☐ Create salt art
- ☐ Experiment with patterns
- ☐ Make tie-dye art
- ☐ Try string art
- ☐ Experiment with new techniques

≡ My Creative Ideas ≡



MOVEMENT BREAK IDEAS



MOVE YOUR BODY. BOOST YOUR ENERGY. REFRESH YOUR MIND.

STRETCH IT OUT

- ☐ Reach up high
- ☐ Touch your toes
- ☐ Side stretches
- ☐ Arm circles
- ☐ Neck rolls
- ☐ Take 3 deep breaths and relax

DANCE PARTY

- ☐ Play your favorite song
- ☐ Dance like nobody's watching
- ☐ Freestyle or follow along
- ☐ Have fun and let loose!

JUMP & BOUNCE

- ☐ 10 jumping jacks
- ☐ 20 high knees
- ☐ 10 jump squats
- ☐ Bounce like a kangaroo
- ☐ Jump in place for 30 seconds

WALK & MOVE

- ☐ Take a quick walk around the room
- ☐ March in place
- ☐ Walk on your toes
- ☐ Walk on your heels
- ☐ Big steps, tiny steps, go slow, then fast!

ANIMAL MOVES

- ☐ Hop like a frog
- ☐ Crawl like a bear
- ☐ Slither like a snake
- ☐ Flap like a bird
- ☐ Gallop like a horse
- ☐ Choose your favorite!

BALANCE & HOLD

- ☐ Stand on one foot
- ☐ Switch sides
- ☐ Try a tree pose
Hold for 10 seconds
- ☐ Balance with arms
out like airplane

CORE & STRONG

- ☐ 10 sit-ups
- ☐ 20 bicycle crunches
- ☐ 20 second plank
- ☐ Wall sit for 20 seconds

MIRROR MOVES

- ☐ Pick a leader
- ☐ Copy their moves
- ☐ Swap and take turns
- ☐ Make it silly!
- ☐ Use your imagination!

SHAKE IT OFF

- ☐ Shake your arms
- ☐ Shake your legs
- ☐ Shake your whole body
- ☐ Loosen up and feel the energy. Let it out!

QUICK CHALLENGES

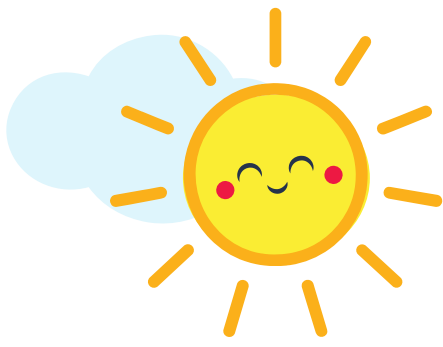
- ☐ How many squats in 30 seconds?
- ☐ How long can you balance on one foot?
- ☐ Can you do 10 push-ups?
- ☐ Challenge yourself!

CHAIR MOVES

- ☐ Seated leg lifts
- ☐ Seated twists
- ☐ Arm raises
- ☐ Roll your shoulders
- ☐ Great ways to move while seated!

BREATH & RESET

- ☐ Take a deep breath
- ☐ Inhale... exhale ...
- ☐ Stretch up high
- ☐ Relax your body
- ☐ You're ready to go again!



BACKYARD ADVENTURE LIST



EXPLORE. DISCOVER. PLAY. HAVE FUN IN YOUR OWN BACKYARD!

EXPLORE NATURE

- ☐ Go on a nature walk
- ☐ Look for different leaves
- ☐ Find and identify bugs
- ☐ Listen for birds
- ☐ Collect interesting rocks
- ☐ Look for cloud shapes
- ☐ Find signs of animals
- ☐ Observe an ant trail

GET ACTIVE

- ☐ Play tag or freeze tag
- ☐ Have a relay race
- ☐ Jump rope
- ☐ Play catch
- ☐ Kick a soccer ball
- ☐ Shoot hoops
- ☐ Do an obstacle course
- ☐ Try wheelbarrow walks

BUILD & CREATE

- ☐ Build a fort
- ☐ Make a stick sculpture
- ☐ Build with rocks
- ☐ Create a fairy garden
- ☐ Paint rocks
- ☐ Make a mud kitchen
- ☐ Build a sand or dirt castle
- ☐ Design a nature mandala

WATER FUN

- ☐ Run through the sprinkler
- ☐ Have a water balloon fight
- ☐ Play with squirt bottles
- ☐ Float boats in a tub
- ☐ Have a sponge toss
- ☐ Make a DIY car wash
- ☐ Paint with water on the fence or sidewalk

IMAGINE & PLAY

- ☐ Pretend you're camping
- ☐ Go on a scavenger hunt
- ☐ Put on a puppet show
- ☐ Have a tea party
- ☐ Create a story adventure
- ☐ Play store or restaurant
- ☐ Pretend you're on a safari
- ☐ Write a secret code

RELAX & ENJOY

- ☐ Read a book outside
- ☐ Draw or color in nature
- ☐ Have a picnic or snack
- ☐ Lie in a hammock and relax
- ☐ Write in a journal
- ☐ Practice deep breathing

GARDEN & GROW

- ☐ Plant flowers or veggies
- ☐ Water your plants
- ☐ Pull weeds
- ☐ Compost food scraps
- ☐ Observe plant growth
- ☐ Pick herbs to smell
- ☐ Make a mini greenhouse in a jar

FUN WITH OTHERS

- ☐ Have a backyard movie night
- ☐ Invite a friend over
- ☐ Play team games
- ☐ Do a chalk art contest
- ☐ Make friendship bracelets
- ☐ Share a talent show
- ☐ Tell jokes and laugh

SUMMER FUN!

- ☐ Watch for butterflies
- ☐ Pick wildflowers
- ☐ Have a lemonade stand
- ☐ Stargaze on warm nights



≡ DON'T FORGET! ≡



Wear
sunscreen
and a hat.



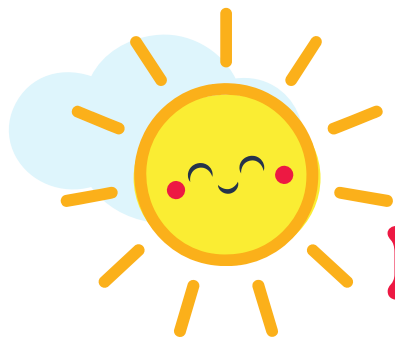
Drink water
and stay
hydrated.



Be kind to
animals and
nature.



Have fun
and create
memories!



NATURE WALK SCAVENGER HUNT

EXPLORE. LOOK CLOSELY. FIND THE TREASURES OF NATURE!



☐ Evergreen tree	☐ A pine cone	☐ A flower	☐ A rock	☐ A butterfly
☐ A feather	☐ Some grass	☐ An insect	☐ A tree log	☐ A park bench
☐ A sprout	☐ A dragonfly	☐ A fern	☐ A frog	☐ A clover
☐ A bird nest	☐ A mushroom	☐ An acorn	☐ A spider web	☐ A deer
☐ A dark cloud	☐ A bird	☐ Some berries	☐ Animal tracks	☐ Something that doesn't belong in nature

BONUS CHALLENGES!

Find something that smells good.
Find something that makes noise.
Find something tiny.

**LOOK, LISTEN,
SMELL, AND
ENJOY NATURE!**

REMEMBER

Be kind to nature.
Stay on trails.
Leave everything as you found it.





I'M BORED JAR INSTRUCTIONS

A SIMPLE AND FUN WAY TO TURN "I'M BORED"
INTO "LET'S DO SOMETHING!"



WHAT YOU NEED

- A jar or container (with a lid)
- Small pieces of paper
- Pens or markers
- (Optional) Labels, washi tape, or decorations



HOW TO MAKE IT

1

HOW TO MAKE IT

Find a jar or container and gather your materials.



2

THINK OF IDEAS

Come up with lots of activities! Think of things you enjoy doing alone, with a sibling, with family, or outside.



3

WRITE THEM DOWN

Write one activity idea on each piece of paper.



4

FOLD & ADD TO JAR

Fold each paper and place it inside the jar.



5

SHAKE IT UP & CHOOSE ONE

When you say "I'm bored" shake the jar and pick one, and enjoy!



IDEAS TO GET YOU STARTED

- ☐ Read a book
- ☐ Build a fort
- ☐ Go for a walk
- ☐ Draw or color
- ☐ Do a puzzle
- ☐ Bake something
- ☐ Have a dance party
- ☐ Play a board game
- ☐ Write a story
- ☐ Do a science experiment
- ☐ Help make dinner
- ☐ Create something
- ☐ Play outside
- ☐ Listen to music
- ☐ Learn something new
- ☐ Have a movie night
- ☐ Call or write to a friend
- ☐ Do a kindness act



TIPS

Add new ideas anytime!
Include quiet time, active time, and helpful tasks.

EXAMPLES BY CATEGORY

- ☐ Quiet Time: Read, journal, puzzle, listen to music
- ☐ Active Time: Ride a bike, dance, play outside, yoga
- ☐ Creative Time: Draw, paint, craft, write a story
- ☐ Help Out: Clean up, set the table, help a sibling
- ☐ Learn: Watch a documentary, experiment

TURN BOREDOM INTO ADVENTURE!

