


























## The ABCs of Screen-Free Time at Home

<b>A</b> irplane fun! Using  the same type of paper, build three different paper airplanes. Test them to see how far they fly.	<b>B</b> uild with Legos,  Magna-Tiles, or Marble Maze.	<b>C</b> all a relative and interview him/her. 	<b>D</b> raw your favorite book, toy, or stuffed animal. 
<b>E</b> xplore the kitchen pantry. Pick 10 items (cereal, soup, pasta), and write down the states in which they were manufactured. 	<b>F</b> ort building! Build a fort using blankets or sheets. Grab a flashlight, and read in your fort for fifteen minutes. 	<b>G</b> o play a board game or a card game. 	<b>H</b> elp put a smile on someone's face! Write, address, stamp, and mail a real letter to a relative, a friend, a teacher, etc. 
<b>I</b> magine, create, and fly a flag that tells the world about you. 	<b>J</b> ump rope for 10 minutes. Challenge yourself to create a jump rope routine to your favorite song. 	<b>K</b> inetic sand, Play-doh, and slime time! 	<b>L</b> isten in silence for 10 minutes, and write down every sound you hear. 
<b>M</b> easure the perimeter of three rooms in your home. 	<b>N</b> eed a laugh? Learn and perform three jokes. 	<b>O</b> bstacle course challenge! Design a course throughout your home (going up/down stairs, crawling under tables, etc.). 	<b>P</b> ut together a puzzle. 
<b>Q</b> -Tip paint! Use Q-Tips to paint a picture.  Recreate the picture using paint brushes. Compare your two paintings.	<b>R</b> esearch and perform three magic tricks. 	<b>S</b> ticker art! Use stickers to create a picture. 	<b>T</b> ry your hand at baking (with an adult)! 
<b>U</b> se household materials to make and play an instrument. 	<b>V</b> acation time! In your journal, describe the next vacation our family should take. 	<b>W</b> rite with chalk. 	<b>eX</b> periment with baking soda and vinegar. Pretend to make a volcano erupt! 
<b>Y</b> our challenge is to make a parachute for a small character. You can only use a coffee filter, a paper/plastic cup, string, tape, and a small character. 	<b>Z</b> any zoo animals! Using one piece of paper, fold each corner in, and then fold the paper in half. It will stand up. Cut an oval or circle shape out of the paper on the edges of the "feet." Use paper, foam felt, yarn, glitter, and anything else you can find to create eyes, a head, tails, fins, horns, a beard, etc. Give your animal a name. 