

# Winter Break Screen-Free Family Activity Ideas

## Imagination Play and Physical Activity

- Create an indoor “camp out”
- Learn a magic trick
- Go for a nature walk
- Pretend to host a radio show/podcast
- Learn to juggle
- Dance together



## Science and Literacy

- Build a card tower
- Write or illustrate a book
- Design a menu for a special meal
- Write a poem, song, or story
- Read a book or a magazine together
- Listen to an audiobook
- Do a science experiment

## Music, Arts, and Crafts

- Learn Origami
- Paint or draw
- Make paper planes and have a contest
- Listen to music/sing together
- Make something out of scrap fabric
- Paint kindness rocks
- Create a puppet show
- Make paper flowers or snowflakes



## Games and Helping Others

- Play Charades
- Help a friend or neighbour together
- Make a card for someone
- Cook or bake together
- Do a puzzle together
- Play or make a board game