

SPRING BREAK SCREEN-FREE FAMILY ACTIVITY IDEAS

Imagination Play and Physical Activity

- Create a flower/plant scavenger hunt
- Create relays/an outdoor game to play
- Go for a nature walk
- Go birdwatching at a local park/beach
- Go for a bike ride
- Build a blanket fort



Science and Literacy

- 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
- Design a cardboard marble maze

Music, Arts, and Crafts

- Learn Origami
- Paint or draw
- Make paper planes and have a contest
- Listen to music/sing together
- Paint kindness rocks
- Create a gratitude jar together
- Make a bird feeder to hang outside



Games and Helping Others

- Design a treasure hunt in your home
- 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
- Plan a picnic

