

Screen Free

ACTIVITY CHALLENGE FOR TEENS

- Tie-dye shirts/accessories
- Paint kindness rocks
- Grow herbs
- Start a backyard creature log
- Read a book
- Start a book club with friends
- Make origami animals
- Start a diary
- Clean and sort to set aside things for donation and/or a garage sale
- Make a vision board
- Play a board game
- Create a themed collage from magazine clippings
- Try a Pinterest DIY
- Organize a Minute-To-Win-It family game night
- Make a bucket list

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ACTIVITY CHALLENGE FOR TEENS

- Learn sign language
- Write inspirational note cards for friends
- Play flashlight tag with the family at night
- Volunteer at the local animal shelter
- Learn a new sport
- Make slime
- Start a new hobby
- Learn a new instrument
- Look up the family cookbook and try a recipe passed down over the years
- Bake treats for local community helpers
- Upcycle an old pair of jeans
- Make sidewalk chalk paint
- Paint an old piece of furniture
- Wash the family car(s)
- Make a time capsule
- Stargaze
- Host an elaborate ice cream buffet

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ACTIVITY CHALLENGE FOR TEENS

- Do a science experiment
- Start a daily photo journal
- Learn a new language
- Make a scrapbook
- Start a butterfly garden
- Make jewelry or accessories
- Learn to make ice cream from scratch
- Play Sudoku
- Do a jigsaw puzzle (500pcs or more)
- Make your family tree chart
- Organize a family scavenger hunt indoors
- Write a story or a poem
- Learn a new workout routine
- Have a water balloon fight
- Camp out in the backyard
- Make a mod podge craft
- Run or walk a 5K
- Create a recycled material art project