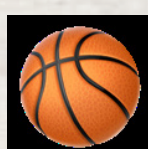


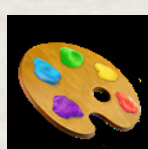
Screen-Free Summer Checklist

30+ ways to beat boredom, get outside, and have fun – all summer long. Print it, hang it up, let the kids pick!



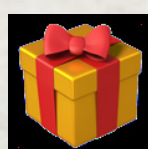
Outdoor & Active

- ☐ Shoot hoops or play H-O-R-S-E
- ☐ Go for a swim
- ☐ Take a family bike ride
- ☐ Run a nature scavenger hunt
- ☐ Play sprinkler or water-balloon games
- ☐ Hike an easy local trail
- ☐ Play hopscotch & chalk games



Creative & Hands-On

- ☐ Host a LEGO building tournament
- ☐ Paint rocks & hide them
- ☐ Make driveway chalk art
- ☐ Build a blanket fort
- ☐ Make friendship bracelets
- ☐ Start a summer journal
- ☐ Build a DIY bird feeder



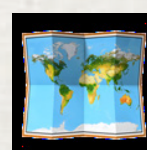
Free Fun

- ☐ Visit the park & playground
- ☐ Join the library reading program
- ☐ Cool off at a splash pad
- ☐ Go on a free museum day
- ☐ Catch a movie in the park
- ☐ Run a lemonade stand



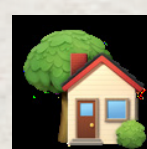
At Home & Rainy Days

- ☐ Be head chef & make dinner
- ☐ Make an indoor obstacle course
- ☐ Bake cookies or pizza
- ☐ Hold a board game tournament
- ☐ Try a simple science experiment
- ☐ Build a fort for reading



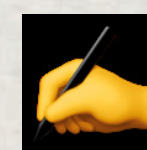
Learn & Explore

- ☐ Plant a garden
- ☐ Volunteer as a family
- ☐ Write to a pen pal
- ☐ Stargaze & find constellations
- ☐ Explore at a farmers market



With the Neighborhood

- ☐ Host a backyard “Olympics”
- ☐ Play kickball or capture the flag
- ☐ Throw a decorated bike parade
- ☐ Run a team scavenger hunt



Your Own Summer Ideas

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

Family challenge

Check off 10 to earn a treat, 20 for a special outing, and all 30+ for a summer bragging-rights trophy.
Pick one screen-free day a week – grown ups included!