

Screen-Free Fall Checklist

30+ ways to enjoy the season, get outside, and make memories — all fall long. Print it, hang it up, let the kids pick!



Outdoor & active

- ☐ Go apple picking
- ☐ Pick pumpkins at a patch
- ☐ Find your way through a corn maze
- ☐ Rake & jump in a leaf pile
- ☐ Go on a fall nature scavenger hunt
- ☐ Take a hayride
- ☐ Hike or bike to see the fall leaves
- ☐ Roast marshmallows over a fire

Cozy & creative

- ☐ Bake a fall treat together
- ☐ Build a cozy reading nook
- ☐ Make a leaf-garland decoration
- ☐ Create pinecone critters
- ☐ Start a gratitude tree
- ☐ Make a blanket fort

Little ones (sensory)

- ☐ Play in a pumpkin sensory bin
- ☐ Make crayon leaf rubbings
- ☐ Sort acorns & pinecones
- ☐ Try apple stamping with paint
- ☐ Squish pumpkin-spice playdough

Science & discovery

- ☐ Do a leaf-color experiment
- ☐ Test what keeps apples from browning
- ☐ Erupt a pumpkin “volcano”
- ☐ Build a DIY bird feeder
- ☐ Keep a fall weather journal

Free fun

- ☐ Take a foliage walk
- ☐ Join library story time
- ☐ Start a gratitude jar
- ☐ Watch the early autumn sunset
- ☐ Explore a farmers market

Rainy days

- ☐ Play Halloween Mad Libs
- ☐ Hold a board-game tournament
- ☐ Cook a cozy fall dinner
- ☐ Bake fall cookies
- ☐ Make an indoor obstacle course

Family challenge

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



Your own fall ideas

- ☐
- ☐
- ☐
- ☐