







Choice Menu: Screen Break Ideas

It's important to get time away from screens. Choose several things from this list to brighten your day!
Connect (with each other), explore, create, and move! How many can you check off?

 <p>Read!</p>	<ul style="list-style-type: none"> ● Find a comfy corner to curl up with a book. (Maybe in your blanket fort.) ● Read a story to a family member ● Talk about how you would change a story or what you think will happen next ● Listen to an audiobook while you color or draw here. ● Organize your personal library into genres or topics. Make signs for the sections.
 <p>Play!</p>	<ul style="list-style-type: none"> ● Play a board or card game with your family ● Invent your own game and teach it to your family ● Hide a treasure for your family to find and draw a treasure map ● Build a fort out of blankets and pillows ● Play with your pet
 <p>Create!</p>	<ul style="list-style-type: none"> ● What art supplies do you have? Paint? Crayons? Colored pencils? Make cards to send to a family member or friend. ● Act out a favorite story for your family ● Cut pictures out of magazines (ask first!) and create a collage about yourself ● Learn to sew, knit, or crochet. Decide on a project to make. ● Check out FB page Teach Outside the Box for at-home maker challenges - directions viewed online, but the “doing” is offline ● Complete a LEGO STEM BINGO
 <p>Go outside!</p>	<ul style="list-style-type: none"> ● STEM Outdoors BINGO board ● Go for a walk with your family ● Create a mural on the sidewalk with chalk ● Play catch ● Use a bird or plant book to name what you see. Create a local guide.
 <p>Move!</p>	<ul style="list-style-type: none"> ● Create a dance for a favorite song and teach it to a family member ● Challenge a family member to a push-up or sit-up contest ● Make an obstacle course ● See how far you can jump. Mark your spot with a piece of tape and see if you can beat your last jump. ● Make a hopscotch game with chalk outside or tape inside
 <p>Help!</p>	<ul style="list-style-type: none"> ● Plan a menu with your family ● Help to prepare a recipe, focusing on carefully measuring ingredients ● Tidy your room ● Learn how to do laundry ● Help your brother or sister with their work ● Keep your workspace clean and organized