




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 ● Read to a pet ● Listen to an audiobook while you color or draw here. ● Read a book outside
<p>Play!</p> 	<ul style="list-style-type: none"> ● Play a board or card game (UNO) with your family ● Play hide-and-seek ● Hide a treasure for your family to find and draw a treasure map ● Have a tea party with your stuffed animals ● 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 ● Draw a picture of yourself ● Make finger puppets of favorite book characters ● Check out FB page Teach Outside the Box for at-home maker challenges - directions viewed online, but the “doing” is offline ● A free downloadable coloring book
<p>Go outside!</p> 	<ul style="list-style-type: none"> ● STEM Outdoors BINGO board ● Go for a walk with your family ● Search for shapes, numbers, or words in your neighborhood ● Draw on the sidewalk with chalk ● See how far you can get a hula hoop to roll. Run to catch it before it falls. ● Blow bubbles
<p>Move!</p> 	<ul style="list-style-type: none"> ● Create a dance for a favorite song and teach it to a family member ● Make an obstacle course ● Place tissues on your heads and see how long you can dance around without letting it fall off. Who made it the longest? ● 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, practicing measuring ingredients ● Tidy your room ● Sort your dirty clothes into light and dark colors ● Help your brother or sister with their work ● Keep your workspace clean and organized ● Train your pet to do a new trick