

SUMMER BREAK SCREEN-FREE ACTIVITY IDEAS

Imagination Play and Physical Activity

- Build a sandcastle
- Create a dance routine and share with your family
- Go wild life watching at the park
- Go for a bike or scooter ride
- Put on a puppet show



Music, Arts, and Crafts

- Learn Origami
- Paint or draw
- Make paper planes and have a contest
- Listen to music/sing together
- Make a paper flower bouquet
- Create your own musical instruments and make up a song



Science and Literacy

- Keep a nature journal
- Design a menu for a special meal
- Write a poem, song, or story
- Read a book or a magazine together
- Visit your local library
- Do a science experiment
- Build a cardboard rollercoaster



Games and Connecting with Others

- Design a treasure hunt in your home
- Help a friend or neighbour together
- Write a letter of appreciation
- Cook or bake together
- Visit a community centre
- Play or make a board game to share
- Plan a picnic together