

20 Screen-Free Family Activities

For Families • Free Resource

Simple, low-preparation ideas for putting devices aside and making room for conversation, play, movement, creativity, and discovery.

How to Use This List

Pick one activity, set aside a small amount of time, and participate together. The goal is connection—not completing all 20.

Move & Explore

- 1. Nature Detective Walk — find five different textures.
- 2. Shape Hunt — spot circles, squares, triangles, and unusual shapes.
- 3. Sound Hunt — pause and identify five sounds.
- 4. Weather Watch — observe the sky and describe what you notice.
- 5. Indoor Obstacle Trail — design a safe movement route together.

Create & Imagine

- 6. Build Something From Recyclables.
- 7. Draw With Your Non-Dominant Hand.
- 8. Make a Family Story One Sentence at a Time.
- 9. Design a New Invention for an Everyday Problem.
- 10. Create a Family Flag.

Learn From Everyday Life

- 11. Grocery Store Number Hunt.
- 12. Kitchen Measurement Challenge.
- 13. Sort and Classify Household Objects.
- 14. Find Three Things That Float and Three That Sink.
- 15. Pick an Object and Ask Ten Questions About It.

Connect & Talk

- 16. Family Gratitude Circle.
- 17. 'Would You Rather?' Conversation.

- 18. Tell a Story About Something You Learned as a Child.
- 19. Plan a Dream Family Day.
- 20. One Good Deed Challenge.

After the Activity

Ask: What did you notice? What surprised you? What would you change? What should we try next?

Try it. Talk about it. Make it part of real life.

Choose activities appropriate to the child's age and environment. For outdoor, kitchen, movement, or practical activities, provide suitable adult supervision.

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