

TECHTIMEOUT

50 THINGS TO DO AS A FAMILY WITHOUT TECHNOLOGY

AFTER SCHOOL/WORK ACTIVITIES

1. Cook dinner together.
2. Visit your local Ronald McDonald House[®] and cook dinner or bake cookies for the families.
3. Do a jigsaw puzzle.
4. Take a walk.
5. Have a family picnic.
6. Take a bike ride.
7. Play Frisbee.
8. Volunteer.
9. Go swimming.
10. Play with a pet.
11. Go to the park.
12. Play a card game.
13. Look through old family albums together.
14. Go bowling.
15. Play hide and seek.
16. Bake cookies together.
17. Visit a relative at a nursing home.
18. Take the family sledding.
19. Have a family touch football game.
20. Go to a roller rink.
21. Volunteer at food pantry or homeless shelter.
22. Go cross country skiing.
23. Go outside and take fun family photos.
24. Make a meal and surprise a neighbor.
25. Play soccer.
26. Make a chalk picture on your driveway or sidewalk.
27. Make pizza from scratch.
28. Rake an older neighbor's leaves.
29. Play miniature golf.
30. Play a game of hockey.
31. Play a board game.
32. Visit a pet shop.
33. Try some food you've never had before.
34. Build a snow or leaf fort.
35. Hike through the woods.
36. Shoot some hoops.
37. Play a game of Charades.
38. Do a family art project.
39. Make a family breakfast.
40. Go to your local playground and help clean up.
41. Make a care package for the kids at your local Children's Miracle Network Hospital[®].
42. Roast marshmallows.

WEEKEND FUN IDEAS

1. Plant some seeds and watch them grow.
2. Take a family trip to the zoo or museum.
3. Take a fishing trip.
4. Build a birdhouse or birdfeeder.
5. Clean house and donate items to non-profit.
6. Have a treasure hunt.
7. Plant trees.
8. Pick seasonal fruit at a local farm.
9. Go horseback riding.
10. Go to the beach.
11. Race go-carts.

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