

SCREEN-FREE

ACTIVITIES

Tear-Off Posters

Feeling a little bored or just want to do something fun? We have A LOT of ideas for you! Tear off an activity from one of the posters to explore your creative side or uncover a special skill.

Which one will you choose?

Print pages 2-5. Cut along the dotted line to make strips you can tear off whenever you want to try a new activity.



What you do
TODAY
can improve all your
TOMORROWS



Big Life Journal

Write or draw in your journal

Play a card game

Sing karaoke

Create an indoor "camp out"

Paint or draw

Put a puzzle together

Learn a magic trick

Make up silly songs

Make a dream (or vision) board

Learn or practice Origami

Create your own magazine



You will never
have this day again. So

MAKE IT COUNT.

Big Life Journal

Design a board game

Build a tower out of cards

Bake a treat

Write and illustrate a book

Make paper airplanes and see which
one can fly the farthest

Play charades

Listen to Big Life Kids podcast

Make a card for someone

Design the menu for tonight's meal

Write a poem, song, or story

Play store



☆ ○ Look deep into nature, then you will

UNDERSTAND EVERYTHING better.



Big Life Journal

Read a book or magazine

Make clothes for dolls or toys out of scrap fabric

Go for a nature walk

Create shadow art

Create leaf rubbing art

Play Mad Libs and word searches

Play school

Draw cartoons or comic strips

Color

Paint kindness rocks

Create a spaceship out of a cardboard box



make time for what makes

YOU HAPPY

Big Life Journal

Listen to an audiobook

Make a fort

Use socks as puppets and have a
puppet show

Host a radio show

Play hide and seek

Learn to juggle

Do a science experiment

Make paper flowers or snowflakes

Create an imaginary creature and
write its story

Play Simon Says

Draw or paint pictures and host
an art show

