



25 Ideas for Tech-Free Family Fun

Sure, the kids are quiet when they're playing a video game, or texting friends, or watching a movie. But sometimes you have to take a break and do things that don't involve a screen. Whether you take half an hour or half a day, here are some ideas for family time... away from technology!

1. Go outdoors

It can be as simple as a walk around the block. Or you can be a little more adventurous by going on a trail or heading to the water (beach, lake, river, etc.).

2. Play a game

Games are a great way to spend time together. Show your kids how to play a board game or a card game that was one of your favorites when you were young.

3. Plant a garden

You could plant some new herbs, or vegetables or other new plants and give the kids the responsibility of watering to keep them alive.

4. Kick a ball

Grab a ball and head to a local field. Doesn't matter what you play, just get kicking!

5. Do an art project

Paint, crayons, collage, it doesn't matter. Create something colorful and fun, then hang it up for all to appreciate!

6. Play in the park

Get out in the fresh air, swing on the swings, or just run around!

7. Fly a kite

On a windy day with an area clear of trees and wires, there's nothing better than flying a kite. If you're ambitious you can even build one yourself.

8. Go on a picnic

Have the kids help you plan and pack a simple meal. Then take a blanket and find a spot to have your meal outdoors. The kids will love it.

9. Play hide and seek

Choose an area with a few trees and things to hide behind and have a game of hide and seek. If it's a rainy day, play in the house.

10. Teach your kids something you know how to do

Teach them to do a yo-yo. Or a magic trick. Or making paper airplanes or origami. Something that they can teach their kids when they grow up!

11. Go to the library

Head to your local library, read some books and maybe even borrow some. Also check out their events, because they might have reading time for the kids or other activities.



12. Go on a bike ride

Grab your bikes, your helmets and some water to drink, and head out for a ride.

13. Do a puzzle

You can pick up a puzzle from your local toy shop, or you might even have some at home. Set it up on a table and work on it whenever you have time.

14. Cook dinner together

Let the kids plan a meal and help with any shopping. Then get together in the kitchen to cook and serve the meal.

15. Go swimming

If the weather is nice, head to the beach, lake or local swimming pool. If it's a little on the cool side, check out an indoor pool for something warmer.

16. Volunteer at a local charity

Why not donate some time as a family to help with a local charity. You could visit an animal shelter, nursing home, or search for other ways to help.

17. Look through family albums together

Old family picture albums are a good way to remember stories and create smiles.

18. Do chalk drawings

Find a clear sidewalk or paved area and show your best artwork!

19. Visit a museum or art gallery

How long since you've visited a museum or art gallery? Get some inspiration you can use for activity #5!

20. Camp in your own backyard

The great outdoors can be as close as your backyard. Set up a tent and camp out.

21. Have a treasure hunt

Write out or draw some clues that will guide your players from one spot to the next, building anticipation for the treasure they'll find at the end.

22. Make a time capsule

Create a little time capsule with things that are popular right now. Make an agreement with your kids about when you will open it up. 5 years? 10 years? Longer?

23. Go star gazing

On a clear night, take a blanket, lie down and check out the stars in the sky. Point out a few constellations or make up some of your own.

24. Write a letter

Write a letter to someone you miss, or an old friend or relative, and send it off.

25. Play sports

Shoot a basketball, kick a football or throw a ball to play catch. They're all easy ways to play and talk with your kids.