



Downloadable activities

Cut out & keep: screen-free activity cards



Banish boredom before it strikes. These cutout activity cards suggest screen-free activities the whole family can enjoy. In this pack, you'll find solo challenges, age-based recommendations, and fun-filled suggestions that get the whole family involved, without a screen in sight.

Included:

- 18 x cards for the whole family
- 18 x cards for under 7s
- 18 x cards for 7-9 year-olds
- 18 x cards for 9-12 year-olds
- 18 x cards for teens
- 27 x freeform cards for your suggestions

You will need:

- An empty box or jar
- Scissors

How to use these cards

1. Choose the card set that best suits your family, based on the ages included.
2. Cut out the activity set you want to use, and add your own suggestions using the blank card set.
3. Place the cards in an empty box or jar.
4. If you've had enough of screens for the day, stuck for ideas, or someone hears the words "I'm bored...", grab the jar!
5. Pick a card from the jar. Most suggestions can be adapted for solo or family activities - it's up to you who joins in!



All the family

Print this page, then carefully cut to create ready-to-go suggestions.

All



Make dinner together



All



Do a family talent show



All



Have a “yes day” (within reason!)



All



Create a family gratitude jar and add notes through the week



All



Plan a “kindness day”: do one kind act for someone else



All



Make a time capsule together



All



Pick a board game you love and change the rules



All



Go for a bike ride



All



Adults teach kids a game they played when they were young



All the family

Print this page, then carefully cut to create ready-to-go suggestions.

All



Start a skill swap:
each person
teaches
something
they're good at



All



Have an indoor or
balcony picnic



All



Do a blindfold
taste test with
safe foods from
the kitchen



All



Create a family
bucket list of
things you want
to do this year



All



Draw each
other's portraits



All



Create a family
flag



All



Have a paper
airplane contest:
rate the best
design and the
longest distance!



All



Create a family
memory book:
record the silliest
memory, the
sweetest memory,
and more



All



Recreate old
family photos



Under 7s

Print this page, then carefully cut to create ready-to-go suggestions.

Under 7s



**Make potions
in the garden
(or outside
somewhere)**



Under 7s



**Build a blanket
fort**



Under 7s



**Do a treasure
hunt**



Under 7s



**Dance party
with everyone's
favorite songs**



Under 7s



**Have a teddy
bear's picnic**



Under 7s



**Make your own
musical
instrument**



Under 7s



**Play "Simon
says"**



Under 7s



**Make a mini
obstacle course**



Under 7s



**Teach grown-ups
a silly dance you
made up**



Under 7s

Print this page, then carefully cut to create ready-to-go suggestions.

Under 7s



Play “what’s that sound” with things you find in the house



Under 7s



Go on a color hunt (find 5 red things, 10 yellow things, etc)



Under 7s



Make a collage using old magazines



Under 7s



Pick a theme and dress up following the theme



Under 7s



Pretend the floor is lava



Under 7s



Play “guess what’s in the bag”



Under 7s



Paint rocks and decorate your neighborhood



Under 7s



Decorate paper crowns and make someone king or queen for an hour



Under 7s



Draw faces on fruit or vegetables



7-9 year olds

Print this page, then carefully cut to create ready-to-go suggestions.

 7-9 Play “heads, bodies, and legs” (draw a head, fold the paper and pass it on, then a body, and so on) 	 7-9 Make a picture using only tape or washi tape 	 7-9 Learn how to fold a new origami figure 
 7-9 Play “20 questions” 	 7-9 Make a photo frame from cardboard 	 7-9 Teach adults a new dance, word, or trend you learned recently 
 7-9 Create a family scrapbook 	 7-9 Play “would you rather?” 	 7-9 Make a paper fortune teller 

7-9 year olds

Print this page, then carefully cut to create ready-to-go suggestions.

7-9



Design and go on a scavenger hunt



7-9



Play rock, paper, scissors, but with new options (e.g wizard, unicorn, giant)



7-9



Try drawing a family member upside down



7-9



Tell a story together, each person adding one sentence



7-9



Build a bug hotel



7-9



Make a map of an imaginary island



7-9



Make homemade ice pops with fruit and yogurt



7-9



Invent a new superhero and describe their powers



7-9



Write a letter to someone special (you don't have to send it)



10-12 year olds

Print this page, then carefully cut to create ready-to-go suggestions.

10-12



**Design a
treasure hunt**



10-12



**Go cloud
watching**



10-12



**Make playlists
for your different
moods - with pen
& paper!**



10-12



**Camp out in your
back yard or
living room**



10-12



**Learn a new card
game**



10-12



**Learn to juggle
with balled-up
socks**



10-12



**Write a short play
and perform it**



10-12



**Decorate or
transform an old
t-shirt**



10-12



**Plan a family quiz
night and write
the questions**



10-12 year olds

Print this page, then carefully cut to create ready-to-go suggestions.

10-12



Plan and run a family challenge day



10-12



Take your family on a guided tour of somewhere you love



10-12



Skill exchange:
Teach your family a new skill, and they teach you one



10-12



Write an imaginary review for a place you've been recently



10-12



Create a secret code and write a message with it



10-12



Design a family logo or crest



10-12



Try to solve a Rubik's cube



10-12



Make a chain reaction path (like dominos, marbles, or stood-up cards)



10-12



Make a mini podcast or radio show using your voice and props



Teenagers

Print this page, then carefully cut to create ready-to-go suggestions.

Teens



Rearrange or redecorate your room with what you have



Teens



Bake something from scratch



Teens



Try "free journaling"



Teens



Create a workout circuit



Teens



Learn to mend or sew something



Teens



Create a mini zine to teach an adult something



Teens



Invent a new sport and teach others to play it



Teens



Host "reverse dinner" - serving adults a meal you planned and cooked



Teens



Plan a trivia session about your family and write the questions



Teenagers

Print this page, then carefully cut to create ready-to-go suggestions.

Teens



Organize a family photo shoot outside



Teens



Teach your family about an app they don't understand



Teens



Learn a new recipe from another country or culture



Teens



Create a new card game and test it with your family



Teens



Create a challenge for everyone in the family to stick to for a week (like 10 push-ups a day, 5 minutes reading, or doing something kind)



Teens



Write a letter to your future self and seal it to read a year or more from now



Teens



Upcycle something simple: a pair of jeans, old furniture, or a jar



Teens



Write a list of "10 things I'm proud of" and decorate it



Teens



Create a vision board for something you want to achieve this year



Free-form cards

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