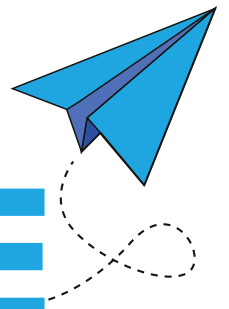


30-DAY SCREEN-FREE Challenge



DAY 1

Build a Lego creation using only 50 pieces

DAY 2

Make paper airplanes and see which flies farthest

DAY 3

Create a comic book starring yourself as the hero

DAY 4

Set up a pretend store or restaurant

DAY 5

Do a toy "pet show" with stuffed animals or action figures

DAY 6

Make a treasure map and hide a small object for someone to find

DAY 7

Create your own board game using cardboard and markers

DAY 8

Write and decorate a silly poem

DAY 9

Use painter's tape to make a road or race track on the floor

DAY 10

Build a tower using only items from the recycling bin

DAY 11

Create a dance or exercise routine and perform it

DAY 12

Draw your dream bedroom or ultimate playground

DAY 13

Make up a secret code and write a message in it

DAY 14

Put on a puppet show using socks, paper, or toys

DAY 15

Organize a mini "Olympics" with events like crab walking or sock toss

DAY 16

Fold paper boats and float them in the sink or tub

DAY 17

Make a maze for a toy car using books, blocks, or cardboard

DAY 18

Trace your hands and feet and turn them into funny characters

DAY 19

Use sidewalk chalk to design a hopscotch or obstacle course

DAY 20

Build a fairy or dinosaur world using toys and nature items

DAY 21

Make a paper chain with 30 links—write one joke on each

DAY 22

Turn a cardboard box into a rocket, car, or castle

DAY 23

Set up a "museum" of your favorite toys or art

DAY 24

Try a new way to draw—tape paper under a table and draw upside down!

DAY 25

Build a domino trail and knock it down

DAY 26

Write a letter to your future self

DAY 27

Cut out magazine pictures to make a collage

DAY 28

Pretend to be a librarian and organize your books

DAY 29

Design your own zoo or aquarium on paper

DAY 30

Choose your favorite activity and do it again!