

101 MEDIA – FREE ACTIVITIES

for children, families, people of all ages

1. Visit the zoo.
2. Make a big indoor tent and sleep in it.
3. Wash the dog.
4. Turn cartwheels.
5. Build a fort.
6. Get out the family photos. Make an album.
7. Make a family tree.
8. Play stickball.
9. Play hopscotch.
10. Go on a scavenger hunt.
11. Play board games.
12. Write a story.
13. Make up a play with friends. Take it to a nursing home.
14. Build a kite. Fly it.
15. Go on a family excursion.
16. Go sledding. Make a snowman.
17. Make a collage out of pictures from old magazines.
18. Set up a lemonade stand on a hot day.
19. Shoot hoops with friends; play H.O.R.S.E.
20. Draw pictures of family members.
21. Get permission to make a backyard campfire.
22. Organize a game of Capture the Flag.
23. Make a miniature boat and float it in the water.
24. Write a letter to your grandparents.
25. Play freeze-tag.
26. Tell ghost stories.
27. Stand on your head.
28. Learn to play the guitar or another instrument.
29. Attend community concerts, listen to a local band.
30. Organize a community clean-up.
31. Visit the library.
32. Go ice skating or roller blading.
33. Daydream.
34. Paint a picture, a mural, a room.
35. Learn to use a compass.
36. Plant a tree or flowers.
37. Write to the President of your Congressman.
38. Learn the metric system.
39. Go swimming. Join a swim team.
40. Read a book. Read to someone else.
41. Plan a picnic or barbeque.
42. Bird watch; set out feeders.
43. Volunteer for a community organization.
44. Walk the dog.
45. Visit the mountains. Visit the city.
46. Write a letter to a friend or relative.
47. Bake cookies or bread. Make jam.
48. Plant a garden.
49. Read magazines, newspapers; swap them with friends.
50. Attend a religious service.
51. Become a tutor.
52. Join a choir.
53. Sift through your closets. Donate surplus items.
54. Start a journal.
55. Go to a museum.
56. Take a nature hike.
57. Play cards.
58. Start an exercise group that walks, runs, or bikes.
59. Sing.
60. Visit a local bookstore.
61. Make crafts to give as gifts.
62. Start writing a novel. Read Proust.
63. Watch the night sky.
64. Walk to work or school.
65. Start a bowling league.
66. Save money—cancel your cable.
67. Go fishing.
68. Run for political office.
69. Learn about a different culture.
70. Go for a bicycle ride.
71. Invite friends to a slide show.
72. Learn yoga.
73. Take photographs.
74. Learn sign-language.
75. Sit by a river.
76. Write a letter to your favorite author.
77. Cook dinner with friends or family.
78. Do yard work.
79. Think.
80. Play Frisbee.
81. Offer to baby-sit for new parents.
82. Make cards for the holidays.
83. Play chess, bridge or checkers.
84. Start a book club.
85. Go camping.
86. Go for a long walk.
87. Meditate.
88. Try out for a play.
89. Recycle.
90. Play charades.
91. Have a tea party.
92. Workout.
93. Take a long bath.
94. Have a conversation.
95. Simplify.
96. Smile.
97. Moonbathe.
98. Go dancing.
99. Climb a tree.
100. Watch the sunset; watch the sunrise.

101. Throw a party to celebrate a media-free life.