



100 Screen Free summer activities for kids



Nature Study Activities

- ☐ Fishing
- ☐ Build a seashell collection
- ☐ Grow sunflowers
- ☐ Go bird watching
- ☐ Grow an herb garden
- ☐ Visit a u-pick farm
- ☐ Plant a butterfly garden
- ☐ Visit a local arboretum
- ☐ Paint rocks
- ☐ Go cloud watching
- ☐ Build forts
- ☐ Build a sandcastle
- ☐ Take a hike
- ☐ Make a flower crown

Homegrown fun

- ☐ Scavenger Hunt
- ☐ Hide-and-Seek
- ☐ Corn Hole
- ☐ Water Balloons
- ☐ Sidewalk Chalk
- ☐ Paper Airplanes
- ☐ I Spy
- ☐ Bubbles
- ☐ Tug of War
- ☐ Hoola Hoop

Art Adventures

- ☐ Straw painting the sun
- ☐ Artist study
- ☐ Seashell wind chime
- ☐ Sun art paper
- ☐ Create a nature mask
- ☐ Wildflower shadow painting
- ☐ Go plein air painting
- ☐ Take a pottery class
- ☐ Make a suncatcher
- ☐ DIY Kite
- ☐ Paint a large piece of art
- ☐ Host an art show

Critical thinking & creativity

- ☐ Keep a journal
- ☐ Create a mood list for rainy days
- ☐ Play math games
- ☐ Make a summer bucket list
- ☐ Practice memorization skills
- ☐ Read together daily
- ☐ Visit museums & science centers
- ☐ Try learning a new language
- ☐ Research summer travel destinations
- ☐ Build with LEGOs
- ☐ Do a puzzle
- ☐ Listen to podcasts
- ☐ Write a travel brochure
- ☐ Write letters to a pen pal
- ☐ Visit the library

Science Fun

- ☐ Compost in a bottle
- ☐ Map bodies of water
- ☐ Chart ocean zones
- ☐ Tornado in a bottle
- ☐ Weather charting
- ☐ DIY sundial
- ☐ Bottle rocket
- ☐ Sunflower anatomy
- ☐ Parachute egg drop experiment
- ☐ Domino chain reaction
- ☐ DIY water wall
- ☐ Watermelon volcano experiment
- ☐ Build a bird feeder
- ☐ Solar oven s'mores
- ☐ Potato maze experiment
- ☐ Measure a whale activity
- ☐ Octopus & crustacean sensory experience
- ☐ Flowers identification

Outdoor Adventures

- ☐ Plan a field day
- ☐ Make an obstacle course
- ☐ Learn a new sport
- ☐ Plan a camping trip
- ☐ Try out Yoga
- ☐ Do a ropes course
- ☐ Animal races
- ☐ Play musical chairs
- ☐ Jump rope
- ☐ Ride bikes
- ☐ Do a fun run or 5K race
- ☐ Go bowling
- ☐ Visit a pool, river, lake, or beach
- ☐ Try kayaking or canoeing
- ☐ Go rollerblading

Kid Friendly Cooking

- ☐ Kids' dinner night
- ☐ Ice cream in a bag
- ☐ Make bread from scratch
- ☐ Shrimp tacos
- ☐ Lemonade stand
- ☐ Chocolate-dipped bananas
- ☐ Agua fresca
- ☐ Veggie Faces Pizzas
- ☐ Fruit salad
- ☐ Try a new recipe

Nighttime summer fun

- ☐ Catch fireflies
- ☐ Roast s'mores
- ☐ Look for constellations
- ☐ Tell stories by the fire
- ☐ Backyard camping
- ☐ Flashlight tag
- ☐ Glow-in-the-dark toys
- ☐ Full moon hike

