



Kenson Kids Screen Free Checklist:

Play!

- Play tag.
- Build an indoor fort.
- Have a nerf battle.
- Go on an indoor scavenger hunt.
- Play a card game.
- Play a board game.
- Play house.
- Play with dolls.
- Play with trucks/trains.
- Set up a pretend supermarket.
- Set up a pretend post office.
- Set up a pretend library.

Read!

- Read a new book by your favorite author.
- Start a new series.
- Read a book of poems.
- Read a joke book.
- Read a nonfiction book on a topic you want to know more about.
- Go to the library and search for a book with an author whose last name starts with the same letter as your last name.
- Read a biography about a famous person you'd like to meet.

Explore!

- Go on a nature hike.
- Find a new path for riding your bike.

Learn!

- Learn a magic trick.
- Learn some words in sign language.
- Learn a few words in a foreign language.

Make!

- Make a yummy, healthy snack.
- Cook dinner as a family.
- Make slime.
- Do a science experiment.
- Set up a lemonade stand.
- Create an abstract painting.
- Make friendship bracelets.
- Write and illustrate your very own book!

Help!

- Wash the car.
- Walk the dog.
- Help with yardwork.
- Dust the furniture.
- Dust the baseboards.

Move!

- Shoot hoops on an indoor basketball goal.
- Set up an obstacle course.
- Go roller skating.
- Go bowling.
- Have a dance party.
- Try yoga.
- Practice martial arts.

Go Outside!

- Play at the park.
- Have a picnic at the park.
- Go on a bike ride.
- Make sidewalk chalk art.
- Puddle jump on a rainy day.
- Shoot hoops (on an outdoor basketball goal).
- Throw the football or baseball.
- Kick a soccer ball.
- Build an outdoor fort.
- Go on a scavenger hunt.
- Set up an art easel outside and sketch something in nature: a tree, a flower, etc.
- Go on a photography walk.
- Plant a flower or garden.
- Fly a kite

Connect!

- Call or Facetime your cousins.
- Teach your pet a new trick.
- Write a letter to a soldier.
- Send a hug in the mail to a grandparent.
- Write a thank you card.
- Write a kind note to your sibling and hide it for them to find.

