

No-Screen Ideas

Ordinary & Happy

HANDS-ON

- Go Metal Detecting
- Cook a New Recipe with a Cookbook
- Go to a Flea Market
- Have a Scrapbooking Afternoon
- Organize Loose Change and Coins at Home
- Upcycling a Piece of Furniture
- Go Fishing
- Homebrewing Kombucha
- Work on a Simple at-Home DIY Project
- Offer to Mow Lawns

FAMILY

- Evening Stories and Imagination Games
- Build a Pillow and Blanket Fort
- Design and Paint a Treasure Map
- Family Bicycle Ride
- Backyard or at-Home Hide and Seek
- Nature Walk
- Lego Building Challenge
- At-Home Theater and Skit Performance
- Fly Kites
- Craft Day

ACTIVE

- Swimming
- Martial Arts Class
- Beach Glow Walk
- Indoor Circuit Training
- Squash
- Hoops at a Public Basketball Court
- Walking Group
- Rowing Club
- Weightlifting
- Inflatable Obstacle Course Run

DIFFERENT

- Explore an Art Gallery
- Go to a Science Fair
- Astronomy Meetup
- Explore a Weekend Craft Market
- Watch Street Performers
- Read Philosophical Texts
- Join a Study Group
- Go to a Library
- Attend a Lecture or Seminar
- Go to a Skill Swap Workshop

RELAXING

- Take a Bath
- Read at a Coffee Shop
- Journal
- Plant Seeds in the Garden
- Yoga or Stretching Meetup in a Park
- Sunset Meditation
- Garden Center Window Shopping
- Listen to Vinyl Records
- Go Bird Watching at a Nature Reserve
- Create a Vision Board

MINDFUL

- Play Memory Games
- Relax on a Chair in the Backyard
- Work on a Puzzle
- Play Chess at a Club
- Solve Brain Teasers
- Make Handwritten Plans or To-Do Lists
- Host a Deep Conversation Get-Together
- Journal
- Have a Storytelling Afternoon
- Hold Power Poses

SOCIAL

- Host a Dinner Party
- Join a Community Theater Group
- Join or Host a Book Club Gathering
- Host a Knitting Circle
- Go to a Language and Culture Exchange
- Watch a Local Sports Game
- Sing in a Choir
- Host a Drum Circle
- Go to a Barn Dance
- Volunteer in Your Community

CREATIVE

- Photography Walk with a Film Camera
- Play Guitar
- Write Poems in the Backyard
- Sketch at a Museum
- Paint a Watercolor Landscape
- Have a Flower Arranging Afternoon
- Learn to Yodel
- Have a Makeup Artistry Afternoon
- Take a Woodworking Class
- Paint Miniatures

INDOOR

- Have a Baking Afternoon
- Host a Crocheting Circle
- Join a Dance Class
- Listen to the Radio
- Join a Pen-to-Paper Writing Meetup
- Have a Board Game Evening
- Watch a Play or Theatrical Performance
- Build a Model Kit
- Go to a Piano Lounge
- Make Friendship Bracelets

OUTDOOR

- Al Fresco Dining at New Restaurants
- Urban Street Art Walking Tour
- Running Club
- Tennis
- Frisbee at a Park
- Road Trip to and Explore a Scenic Place
- Beachcombing
- Water Activities at a Lake
- Street Food Tour
- Growing Giant Vegetables