



# SCREEN-FREE FAMILY FUN IDEAS

- \* Cook dinner together
- \* Paint a picture
- \* Play a board game
- \* Make puppets from old socks and put on a puppet show
- \* Build a fort in your living room
- \* Put together a puzzle
- \* Look through old pictures and make a scrapbook
- \* Play hide and seek
- \* Go bird watching
- \* Play a card game
- \* Paint rocks
- \* Kick around a soccer ball, play basketball or road hockey
- \* Do a crossword puzzle
- \* Play charades
- \* Read a book
- \* Play 'I spy'
- \* Go for a nature walk
- \* Go swimming
- \* Create sidewalk art
- \* Learn to use a compass
- \* Turn on the radio and dance
- \* Fly a kite

## CRAFT CORNER!

*CLICK ON THE LINKS FOR 'HOW-TO'*

Make an egg carton into  
a caterpillar

Turn a water bottle into  
a rocket ship

Turn newspapers into  
a pirate hat

Make your own  
playdough

Make a crayon melt with  
your broken crayons

  
**HEALTHY KIDS**  
COMMUNITY CHALLENGE  
TIMMINS-MISIWAY

AGE	RECOMMENDED HOURS OF SCREEN TIME
* Under 2 years	* None
* 2 to 4 years	* Less than 1 hour a day
* 5 to 17 years	* 2 hours or less of daily recreational screen time

Sources:  
Canadian Society for Exercise Physiology's Canadian Sedentary Behaviour Guidelines  
Canadian Society for Exercise Physiology's 24-Hour Movement Guidelines for Children and Youth  
Canadian Pediatric Society's Position Statement on Screen Time and Young Children

**LESS THAN  
25% OF CHILDREN  
IN CANADA MEET  
THESE SCREEN TIME  
GUIDELINES.**



\*Adapted with permission from the County of Middlesex Healthy Kids Community Challenge.