

## 101 Things to do Instead of Watching TV

1. Get off the bus a few blocks early and walk to rest of the way home.
2. Take the dog for a walk around your neighborhood.
3. Go for a bike ride with your friends.
4. Join a recreational sports team.
5. Go outside and search for four-leaf clovers.
6. Rollerblade to the mall instead of getting a ride in the car.
7. Offer to help a neighbor by raking leaves.
8. Help around the house by vacuuming.
9. Take up dance lessons.
10. Practice your musical instrument.
11. Write a letter to a pen-pal or a friend from camp.
12. Plan a picnic and help to pack the lunch basket.
13. Explore your green thumb and start a garden.
14. Be the first one to play in the snow and grab a shovel to help clear the sidewalks.
15. Walk to the local pool and swim laps or practice your high dive.
16. Make a treasure hunt to play with your friends.
17. Have a family night with your favorite board game.
18. Help to do the laundry.
19. Have an arm wrestling contest.
20. Be creative! Try writing a poem.
21. Look for loose change under the couch cushions.
22. Take up juggling.
23. Learn to play a song on the guitar.
24. Make a fort to play in with couch cushions and blankets.
25. Take a flashlight and read scary stories in the dark.
26. Try a new recipe and help to make dinner for the family.
27. Collect twigs outside and build a miniature log cabin.
28. Use rubber stamps, construction paper, and glitter to make a birthday card.
29. Make paper airplanes and see whose will fly the farthest.
30. Try to catching lightning bugs when it starts to get dark.
31. Help out with the local carwash.
32. Offer to babysit a younger sibling.
33. Take a hike on a nature trail at a local park.
34. Go to the library and search for a book you've never read before.
35. Color or draw a new picture for the refrigerator.
36. Turn up the radio and learn the words to a new song.
37. Get some friends together for a game of kickball.
38. Get out your jump rope and try to set a new record.
39. Use sidewalk chalk to draw a mural outside.
40. Make a snowman or snow angel as soon as the ground is covered.
41. Head to the lanes to beat your old bowling score.
42. Help at the local bake sale to raise money for a good cause.
43. Practice flying a kite on a windy day.
44. Send a thank you card to someone who has done something nice for you.
45. Create hand puppets with old socks and put on a puppet show.
46. Read the comic strips in the newspaper.
47. Head to a sporting event and cheer for your favorite team.
48. Grab a blanket and lay outside to count the stars when it gets dark.
49. Try to draw your own comic strip.
50. Spend time playing with your pet.



51. Try to do 10 pushups in a row. Practice if you can't do it on the first try.
52. Help with the dishes after dinner.
53. Visit a local museum to look at the exhibits.
54. Do some bird watching with a pair of binoculars.
55. Play hide and seek.
56. Visit the batting cages to practice your swing.
57. Put together a jigsaw puzzle with the family.
58. Help blow up balloons for a birthday party.
59. Take a walk outside and count how many different animals you see.
60. Take a trip to the zoo.
61. Volunteer at the YMCA.
62. Try one new fruit for a snack.
63. Join a Girl Scout or Boy Scout Troop.
64. Head outside to start a rock collection.
65. Learn 10 new words in Spanish.
66. Find 5 new countries on a map or globe.
67. Find two friends and play monkey in the middle.
68. Try making a sculpture out of play-dough.
69. Head outside to blow bubbles.
70. Paint a picture using watercolor or paint-by-numbers.
71. Cut snowflakes out of paper to make holiday ornaments.
72. Go for a walk and play a game of I Spy with a friend.
73. Try one new vegetable for a snack.
74. Learn how to make origami.
75. Color a new bookmark with crayons or colored pencils.
76. String beads together to make a colorful necklace.
77. On a hot day, run through the sprinkler.
78. Play Simon Says with some friends.
79. Build a sandcastle at the beach or in a sandbox.
80. Teach your dog to catch or play Frisbee.
81. Make a birdfeeder by rolling a pinecone in peanut butter and covering it with birdseed.
82. Volunteer to clean up the neighborhood and help collect trash or litter.
83. Clean out your closet to find clothes you don't wear anymore. Donate them to a shelter.
84. Start keeping a journal.
85. Help put family photographs in an album.
86. Help to make homemade pizza and then have a pizza party.
87. Camp out in the backyard. Set up a tent and spend the night outside.
88. Try to beat the family while racing go karts.
89. Learn about the history of your hometown.
90. Help give the dog a bath.
91. Play with a hula hoop.
92. Help decorate the house for the upcoming holiday.
93. Start brainstorming your next Halloween costume. Then draw a picture of it.
94. Plant some bulbs outside and wait for the flowers to grow.
95. Have fun Tye Dying a tee shirt.
96. Throw a tea party.
97. Plan a fishing trip.
98. Try to master skateboarding.
99. Use a book of butterflies to identify the species you see flying in your backyard.
100. Jump in puddles on a rainy day.
101. Watch the clouds float by and say what shapes or animals you think they look like.

