

APPENDIX Q

Alphabetical Activities (Without Screens)



Your Alphabetic Guide to Activities (Without Screens)

A		ASK GRANDPARENTS About their childhood.	J		JOURNAL Get a journal and document your days and thoughts!	S		SERVE a meal at a soup kitchen, or somebody in your family.
B		BAKE Something new from a cookbook	K		KNIT Crochet, or rainbow loom (yes, it's a thing.)	T		TEACH Know how to do something cool? Share it!
C		COLOR Draw or paint	L		LOOK For a job--even if it's babysitting or dog-walking	U		UNDO Your shoelaces and replace them with new ones.
D		DESIGN A family crest	M		MAKE SLIME Yes, it's potentially messy, but it's potentially fun, too.	V		VISIT Visit a friend or invite one over
E		EXERCISE Try and get your heart rate up for 30 minutes!!	N		NAP There's nothing wrong with a tiny bit of shut-eye!	W		WALK Your dog, or your neighbor's dog
F		FIND A GEOCACHE (Okay, this might require minor screen access...)	O		ORGANIZE Something in your room, drawer, closet, etc.	X		"X" MARKS THE SPOT Create a map to your favorite hang-out
G		GO For a hike	P		PRACTICE Yoga	Y		YELL Your feelings into a recorder. Listen to your soul.
H		HANG-OUT In a coffee shop and visit with pals.	Q		QUESTION Everything. Become a detective about a topic.	Z		ZOO Visit your local zoo
I		(IF IT'S SNOWY...) Build a snowman or snow fort.	R		READ Find a book in your house, flip it open, and go for it.			



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