



Tech-Free Ideas for Families

(Under Quarantine or Otherwise!)

Best Use

As a family. Phones away. Screens off. You can do it!

Nutritional Value

Take a technology timeout! It can become very easy to get in a lull (especially in “social distancing” during a virus) of spending hours watching screens. Some of the best discussions about life and faith I ever had with my family growing up was at the dinner table (no phones!), tossing a baseball or spending time together in the car.

These are a few ideas for growing families together by doing tech-free options. The goal is to spend time together, have conversations and hopefully bring Jesus into the conversation!

Advance Preparation

Most of these ideas need minimal preparation or supplies.



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Tech-Free Family Activities

- | | |
|--|--|
| <input type="checkbox"/> Go on a walk | <input type="checkbox"/> Card games |
| <input type="checkbox"/> Play in the backyard | <input type="checkbox"/> Family art project |
| <input type="checkbox"/> Create chalk murals | <input type="checkbox"/> Rake the yard |
| <input type="checkbox"/> Crafting | <input type="checkbox"/> Make a flower bed |
| <input type="checkbox"/> Make ice cream
sundaes | <input type="checkbox"/> Have a treasure hunt |
| <input type="checkbox"/> Make a pizza together | <input type="checkbox"/> Roast marshmallows |
| <input type="checkbox"/> Look through old
family photos and
share memories | <input type="checkbox"/> Create a blanket fort |
| <input type="checkbox"/> Plant something and
watch it grow | <input type="checkbox"/> Set up a tent in the back-
yard and camp out |
| <input type="checkbox"/> Board game | <input type="checkbox"/> Shoot some hoops |
| <input type="checkbox"/> Jigsaw puzzle | <input type="checkbox"/> Make and play with
playdough |
| <input type="checkbox"/> Charades | <input type="checkbox"/> Eat a meal by candlelight |
| <input type="checkbox"/> Science experiment
(look up online) | <input type="checkbox"/> Storytime |
| <input type="checkbox"/> Go ride bikes | <input type="checkbox"/> Bubbles outside |
| <input type="checkbox"/> Have a family picnic | <input type="checkbox"/> Bubble bath |
| <input type="checkbox"/> Cook dinner and set
the table together | <input type="checkbox"/> Wash a car |
| <input type="checkbox"/> Go to the park | <input type="checkbox"/> Rake leaves or mow the
yard for a neighbor |
| <input type="checkbox"/> Through frisbee, foot-
ball, softball, etc. | <input type="checkbox"/> Tic tac toe, hopscotch
and twister game using
chalk |
| <input type="checkbox"/> Play hide and seek | <input type="checkbox"/> Nerf wars or super soak-
ers |
| <input type="checkbox"/> Play "I Spy" | <input type="checkbox"/> Family share time, highs
and lows of the day |
| <input type="checkbox"/> Go outside and take
family photos | <input type="checkbox"/> Make cookies together,
use sprinkles or icing |
| <input type="checkbox"/> Go on a hike | <input type="checkbox"/> Have a dance party |
| <input type="checkbox"/> Go fishing | <input type="checkbox"/> Dress up in costumes |

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