

# SLIM YOUR SCREEN TIME

Play | Explore | Connect

## HOW TO PARTICIPATE

1. Register for the program at [mayoclinichealthsystem.org/screentime](https://mayoclinichealthsystem.org/screentime)
2. Your goal is to complete 30 activities from the list found on the back page.
3. Choose the activities that work best for you, and complete them on your schedule.
4. As you complete each activity, check it off the list.
5. Complete a simple post-program evaluation when you complete the program.

Registrants will receive a few emails along the way to help stay motivated.



- Attend a community event
- Attend a parade
- Blow bubbles
- Build a fort
- Build a sand castle
- Build a tree house
- Build something
- Call a family member
- Camp in the yard
- Catch fireflies, butterflies or insects
- Clean your bedroom
- Climb a tree
- Collect and paint rocks
- Cook a meal as a family
- Cook over an open fire
- Do a random act of kindness
- Do a science project
- Donate to a charity
- Enjoy a bonfire or campfire
- Exercise
- Floss your teeth
- Fly a kite
- Fly paper airplanes
- Free choice
- Gaze at the stars
- Give someone a compliment
- Go bowling
- Go camping (yard, park or inside)
- Go fishing
- Go for a walk
- Go geocaching
- Go on or plan a scavenger hunt
- Go sightseeing in your community
- Go somewhere you have never been
- Go swimming
- Go to a carnival or fair
- Go to a farmer's market
- Go to a local baseball game
- Go to a playground
- Go to a skate park
- Go to a splash pad
- Go to an outdoor concert
- Go to an outdoor yoga class
- Go to or host a garage sale
- Go to the beach
- Go to the car races
- Go to the zoo
- Have a playdate
- Have a water gun or balloon battle
- Help with a neighbor's yardwork
- Hike a trail
- Host a block party or invite friends over
- Hula hoop
- Join a theater group or be in play
- Jump rope
- Kayak, canoe or tube
- Learn a new language
- Learn a new recipe
- Learn a new skill (juggle, paint, etc.)
- Make a bird feeder
- Make a blanket fort
- Make a craft
- Make an obstacle course
- Make ice cream
- Make mud pies
- Mow the lawn
- Pack a picnic
- Paint with water
- Pick blueberries
- Pick strawberries
- Plant a garden
- Plant something
- Play at a local park
- Play badminton
- Play baseball
- Play bean bag toss
- Play board games
- Play bocce ball
- Play cards
- Play catch
- Play croquet
- Play flying disc golf
- Play flashlight tag
- Play gaga ball
- Play golf
- Play hide and seek
- Play hopscotch
- Play in a creek
- Play in the sprinkler
- Play jacks
- Play kickball
- Play mini golf
- Play music and dance
- Play on a slip and slide
- Play pickle ball
- Play soccer
- Play tennis
- Play tug of war
- Play volleyball
- Play yard games
- Practice an instrument
- Read a book
- Ride a bike
- Roll down a hill
- Run a race
- Set up a lemonade stand
- Shoot hoops
- Skip stones
- Sleep under the stars
- Take a road trip
- Tell ghost stories
- Toss a flying disc
- Try a new food
- Use sidewalk chalk
- Visit a local museum/historical center
- Visit a nursing home
- Visit a school playground
- Visit a waterpark
- Visit someone who is homebound
- Visit the library
- Volunteer
- Walk a dog
- Walk your neighborhood
- Wash a car
- Watch fireworks
- Watch the clouds
- Watch the sunrise
- Watch the sunset
- Weed a garden
- Write a story

