

Our screen-free week

Week of: _____ Child / group: _____

Pick one easy idea for each window. Repeat favorites. Blank spaces are allowed.

Day	After breakfast / arrival	Before lunch / midday	Late afternoon	What worked?
Mon	Idea: _____ _____	Idea: _____ _____	Idea: _____ _____	_____ _____
Tue	Idea: _____ _____	Idea: _____ _____	Idea: _____ _____	_____ _____
Wed	Idea: _____ _____	Idea: _____ _____	Idea: _____ _____	_____ _____
Thu	Idea: _____ _____	Idea: _____ _____	Idea: _____ _____	_____ _____
Fri	Idea: _____ _____	Idea: _____ _____	Idea: _____ _____	_____ _____
Sat	Idea: _____ _____	Idea: _____ _____	Idea: _____ _____	_____ _____
Sun	Idea: _____ _____	Idea: _____ _____	Idea: _____ _____	_____ _____

Our easiest repeat activity next week: _____

Supplies to set out in advance: _____

Choose age-appropriate materials. Supervise water and all infant play. Keep small parts away from children under 3.