Unplugged & Happy: Screen-Free Fun Cards

Build-Your-Own Screen-Free Fun

Same 6-card layout — write in your own go-to activities and the kind of play each offers.

This belongs to: _____

Fill in six go-to activities, and write in the kind of play each one offers — hands-on, imaginative, together time, movement, calm-down, or creative.

A menu to grab from, not a sequence — any card, any order, any day.

1

2

3

4

5

6

Screens off, fun still on.

None of this needs to fill a whole afternoon — a few minutes of any of these still counts.

The goal is a fast, easy option — not a perfectly planned activity.