Unplugged & Happy: Screen-Free Fun Cards

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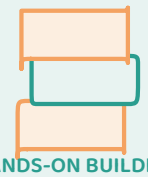
6 go-to activities for when the screen goes off, each tagged with the kind of play it offers.

This belongs to: _____

Pick a card when the screen goes off and you need a fast, easy next move — not a punishment, just what's next. Grab the "calm-down" one on a hard day.

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

1



HANDS-ON BUILDING

Block Building

2



IMAGINATIVE PLAY

Dress-Up Theater

3



TOGETHER TIME

Kitchen Helper

4



MOVEMENT & OUTDOORS

Backyard Explorer

5



CALM-DOWN TIME

Story Time

6



CREATIVE EXPRESSION

Art Corner

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.