



**Warning!!! Step AWAY from the screen:**

**Don't become a ZOOM Zombie!!**

**Tech free ways to relax and have some fun.**

**This list was created by Riverview students.**

*Laugh*



- ★ Read a book for pleasure (yes reading is fun!!)
- ★ Journal about your day or dream vacation
- ★ Make a scrapbook or memory book
- ★ Play basketball, soccer, or catch outside
- ★ Go for a run in your neighborhood
- ★ Make a bucket list or to-do list for the week
- ★ Write someone a card or letter
- ★ Do an act of kindness for a loved one
- ★ Do a puzzle
- ★ Go for a bike ride
- ★ Make a DIY zen garden (see Ms. Rindfuss' YouTube video)
- ★ Try to beat a Guinness Book World Record (something safe!!)
- ★ Do rainbow loom, knit, croquette, or sew
- ★ Do a Lego building challenge (make a town or castle)

- ★ Play with thinking putty or playdough
- ★ Share jokes or favorite memories with your family
- ★ Look through old pictures, yearbooks, or baby books
- ★ Play with your pet
- ★ Clean and organize your room (this is fun for some of us)
- ★ Work on circuit kit
- ★ Use home gym equipment and workout (treadmill, weights, stationary bike, elliptical)
- ★ Make a pile of donations (old clothes, shoes, games, toys)
- ★ Play a board game or cards
- ★ Write a creative story or complete a Mad Libs with your family
- ★ Make a healthy snack or bake a desert
- ★ DIY science experiments (look on Pinterest)
- ★ Do a scavenger hunt
- ★ Workout (Wellness challenge- you can win prizes!!)
- ★ Color (mandalas, coloring books, free draw, sketching)
- ★ Do an art project (paint kindness rocks, make someone a handmade card)

- ★ Take a warm bath (add bubbles, you are not too old)
- ★ Go outside and enjoy the sun (walk the dog, garden in the yard, nature walks in woods or beach)
- ★ Have a dance party
- ★ Use sidewalk chalk to write a kindness quote for your neighbors
- ★ Do a mindfulness exercise
- ★ Listen to music
- ★ Plan a fun themed meal with your family (Taco Tuesday, Homemade pizzas)
- ★ Do a family cooking challenge (dessert or appetizer cook off)