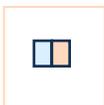
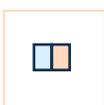
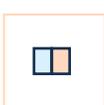


Screen-Free Activity Planner

Write one short idea in each box so the plan stays realistic.

Weekly family activity planner		
	Morning idea	Afternoon or calm idea
Mon		
Tue		
Wed		
Thu		
Fri		
Sat		
Sun		

Screen-Free Activity Planner idea bank

Use these backup ideas when you need something quick without a screen.

Movement ideas

Ball roll

Pillow path

Freeze dance

Quiet table ideas

Sticker sheet

Tracing page

Sorting tray

Story and calm ideas

Picture walk

Cloud breaths

Audio story corner