

101 Screen-free activities for Kids & Teens - Malaysian edition

Wholesome fun and mostly free!

Check (/) the ones you have accomplished

	Play		
	Toddler/Jr	Primary	Teens
Build with building blocks			
Build with magnetic tiles			
Build a fort (outdoor or indoor!)			
Create obstacle course at home			
Water play (water balloons, water gun, garden hose, or the rain)			
Play tic-tac-toe			
Play zero sum hand game (rock paper scissors, chopstick, coconut crack)			
Play with fidget toys (stress ball, tangle, spinners)			
Play board games			
Play card games			
Play traditional games (five stones, congkak, lompat getah, gasing)			
Play word game (Scrabble, Boggle)			
Play guessing game (Charades, Win Lose or Draw)			
Play other games (Jenga, Twister, Pick up sticks)			
Play chess (also try Go and chinese chess!)			
Play with a kite			
Make fidget spinners from cardboard or building blocks			
Play with finger puppet			
Sensory bin play (rice, pasta, kinetic sand) - watch for choking hazard			
Join a messy-play group near you. If not, start one.			
IKEA smaland (1 hr play while parent shop) - height limit 100-130cm			
Play 'I spy'			
Play Simon Says			
Play with transforming toys (mini number robot is versatile to carry)			
Play hop scotch			
Play with a balloon - toss it high and keep it in the air as long as you can			
Play with toy cars (masking tape as roads)			
Play with own shadow (dim the lights, use a torch)			
Make and blow bubbles			
Make and play play dough			
	Move		
	Toddler/Jr	Primary	Teens
Exercise - stretches, squats, burpees, cart-wheel			
Learn/play racquet sports, ball games, martial arts			
Biking, scooting, skating			
Swimming, water polo			
Jump a rope			
Go on a hike			
Climb a tree			
Camping (outdoor/lawn/balcony/living room)			
Have picnic (even have one inside the house)			
Listen to music and dance to it - solo or together / freeze dance			
Walk/hop on patterned floor (eg. only step on blue tiles, the rest is lava)			

	Explore		
	Toddler/Jr	Primary	Teens
Visit an orphanage/old folks/disabled home			
Visit KL Children's library/your nearest community centre library			
Visit and browse BookXcess at Sunway Square - open 24/7			
Visit Bank Negara Museum (free entrance) - highly recommended!			
Visit National Planetarium (exhibition gallery is free)			
Visit MaTic and watch a cultural dance performance			
Visit Orang Asli crafts museum, Telekom museum, PDRM museum			
Visit Royal Selangor Pewter - factory tour and pewter crafting			
Visit a public park - a different one every week			
Visit a pasar malam			
Visit a neighbour			
Visit a beach if there's one, or play by a stream - bring fish nets			
Bug hunting - bring jars, magnifying glass (catch-examine-release)			
Weekly activities with Sunway Explorer Rangers (annual fee)			
Join Boys Brigade (Christian-run, open to boys and girls)			
Join Boys Scouts and Girl Guides Malaysia			
	Create		
	Toddler/Jr	Primary	Teens
Bake/Cook a new dish			
Grow a plant or herb			
Make a terrarium			
Write poetry (sajak/pantun)			
Write a letter/postcard, buy a stamp, send via snail-mail			
Design a greeting card, write and send to someone dear			
Work with beads, make jewellery			
Cross-stich, knitting, crocheting			
Collect dry leaves/flowers, make a bookmark			
Scrapbooking (eg. ticket stubs, fabric, dried flowers)			
Start a gratitude journal			
Start a journal with a parent - swap writing back and forth			
Improv storytelling - one word/sentence at a time (in pairs or group)			
Vision board - find pictures that inspires, notes on hopes and dreams			
Contribute to Starchild (The Star, Friday newspaper)			
	And more!		
	Toddler/Jr	Primary	Teens
Interview a grandparent			
Volunteer (with an adult) at a local soup kitchen			
Declutter (bedroom, toy storage, wardrobe)			
Keep a pet (start with fish or isopod)			
Stargazing			
Bug & Bird watching			
Look for shapes in the clouds			
Leave room for boredom (reflection, introspection, spark creativity)			

Available for download at <https://lookupgeneration.org>

Pick your daily Challenge

☐ Put away devices during meal times.

☐ No screen 2 hours upon waking and 2 hours before bed.

☐ Spend a whole day with no screens!

Get in touch with us if you manage 21 days without screens.
 We would love to hear your story!

Mastery

Doodle on a magnetic drawing board
 Work on a reusable sticker activity book
 Work on a water pen/wipe off activity cards
 Free style drawing on butcher paper
 Draw with two hands to stimulate both sides of the brain
 Paint DIY batik kit
 Paint on a rock
 Create chalk art on sidewalk
 Solve an age-appropriate jigsaw puzzle
 Read a book together or individually
 Read today's newspaper
 Solve Sudoku
 Solve Rubiks cube
 Conduct science experiment
 Fold origami
 Learn & perform simple tricks (rubber band, coin, bare hands)
 Master a yo-yo
 Pick up new skill (language, calligraphy, woodworking, finance)

Note to Parent

The Look Up Generation is a grassroots movement which founded the *JomUnplug!* initiative that empowers children and families to spend more time engaging in the real world. Unite in our cause!

@THELOOKUPGENERATION