

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

Wholesome fun and mostly free!

Check (/) the ones you have accomplished

	Toddler/Jr	Primary	Teens
<u>Play</u>			
Build a structure with blocks, magnetic tiles (or marshmallows + toothpick)			
Cup stacking or the more challenging, card stacking			
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 (Uno, Spot It, Happy Family)			
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, Reversi, Pick up sticks)			
Play chess (also try Go and chinese chess!)			
Play with a kite			
Make fidget spinners from cardboard or from 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' - at home, in the car, in restaurant, anywhere			
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			
<u>Move</u>			
Exercise - stretching, cart-wheel, racquet games, water polo			
Join a martial arts gym			
Biking, scooting, skating, rollerblading			
Lawn bowling (a ball and some used bottles)			
Jump rope - set repetition goals			
Hiking - explore different trails			
Climb a tree			
Camping (lawn/balcony/living room). Or start with a picnic			
Scavenger hunt (hide treasures, write riddles for one another)			
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)			

	Toddler/Jr	Primary	Teens
<u>Explore</u>			
Visit an orphanage/old folks/disabled home			
Visit KL Children's library/your nearest community centre library			
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 Chocolate Museum / chocolate workshop			
Visit a public park - a different one every week			
Visit a neighbourhood fruit/veg farm			
Visit a pasar malam			
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 (require annual fee)			
Join Boys Brigade (Christian-run, open to boys and girls)			
Join Boys Scouts and Girl Guides Malaysia			
<u>Create</u>			
Bake/Cook a new dish (pizza/sushi is easy and fun)			
Grow a plant or herb			
Make a terrarium			
Write poetry (also try sajak/pantun)			
Write a letter/postcard, buy stamps, send via postal service			
Design a greeting card			
Work with beads, make jewellery			
Cross-stitching, 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)			
Time capsule - write/draw vision & aspirations - check in after a decade			
Contribute to Starchild (The Star, Friday newspaper)			
<u>And more!</u>			
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)			

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 managed 21 days with minimal screens, we would love to hear your story!

	Toddler/Jr	Primary	Teens
<u>Mastery</u>			
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 (can get from shopee)			
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 Rubik's 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!



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