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

Not only fun, but also free! (a few are paid activities)

Put a check (/) on the ones you have accomplished!

Declutter (bedroom, toy storage, wardrobe)

	Toddler Primary Teens	
<u>Play</u>	Prii Tee	<u>Explore</u>
Play board games		Visit an orphange/old folks home
Play card games		Visit your nearest community centre library
Play traditional games (five stones, congkak, lompat getah, gasing)		Visit KL Children's library
Play word game (Scrabble, Boggle)		Visit any book store and just browse
Play guessing game (Charades, Win Lose or Draw)		Visit Bank Negara Museum (free entrance) - highly recommended!
Play other games (Jenga, Twister, Pick up sticks)		Visit National Planetarium (exhibition gallery is free)
Play chess (also try Go and chinese chess!)		Visit MaTic and watch a cultural dance performance
Play with finger puppet		Visit Orang Asli crafts museum
Play 'I spy'		Visit a public park
Play Simon Says		Visit a pasar malam
Play tic-tac-toe		Visit a neighbour
Play zero sum hand game (rock paper scissors, chopstick, coconut crack)		Visit a beach if there's one, or play by a stream - bring fishing nets
Play with fidget toys (stress ball, tangle, spinners)		Visit IKEA smaland (1 hour play while parent shop) for kids 100-130cm
Play with transforming toys (mini number robot is versatile to carry)		Weekly activities with Sunway Explorer Junior Rangers (RM238/year)
Play hop scotch		Weekly activities with Sunway Explorer Master Rangers (RM238/year)
Play with a kite		Join Ibu Family activities (@ibufamily)
Play with a balloon - toss it high and keep it in the air as long as you can		Join Boys Brigade (also girls. Christian, but open to all non-Muslims)
Play in a playground		Join Boys Scouts and Girl Guides Malaysia
Play with toy cars (masking tape as roads)		Volunteer (with a parent) at a local soup kitchen
Play with own shadow (dim the lights, use a torch)		
Make and blow bubbles		Create
Make and play playdough		Cook a new dish or baking
Make fidget spinners from cardboard		Grow a plant or herb
Make fidget spinners out of building blocks		Make a terrarium
Build with building blocks		Write poetry (pantun/puisi)
Build with magnetic tiles		Write a letter or postcard, snail-mail it the old fashioned way
Build a fort (outdoor or indoor!)		Design a greeting card, write and send to someone dear
Create obstacle course at home		Work with beads, make jewellery
Water play (water balloons, water gun, garden hose, or the rain)		Knitting or crocheting
Sensory bin play (rice, pasta, kinetic sand) - watch for choking hazard		Collect dry leaves/flowers, make a bookmark
Join a messy-play group near you. If not, start one.		Scrapbooking (eg. ticket stubs, fabric, dried flowers)
		Start a gratitude journal
<u>Move</u>		Start a journal with a parent - swap writing back and forth
Exercise - stretches, squats, push-ups, cart-wheel		Improv storytelling - one word/sentence at a time (in pairs or group)
Learn/play racquet sports, ball games, etc		Vision board - find pictures that inspires, add notes on hopes & dreams
Biking, scooting, skating		Interview a grandparent
Swimming		
Jump rope		And more!
Go on a hike		Keep a pet (can start with fish or isopod)
Climb a tree		Hang out with family and just chat about everything
Camping (outdoor/lawn/balcony/living room)		Stargazing
Have picnic (can even have one at home)		Bug or bird watching
Listen to music and dance to it		Look for shapes in the clouds
Help out with house chores		lust be bored (reflection, introspection, and can 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!

Doodle on a magnetic drawing board Work on a reusable sticker activity book Work on a water pen/wipe off activity cards Colouring, drawing, painting 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 a Sudoku Solve a Rubiks cube Conduct a science experiment Fold an origami Learn and perform simple tricks (rubber band, coin, bare hands) Master a yo-yo Pick up new skill (instrument, language, calligraphy, finance)

Note to Parents

The Look Up Generation is a grassroot 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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