

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

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

[illegible]

Explore

- Visit an orphanage/old folks home
- Visit your nearest community centre library
- Visit KL Children's library
- Visit any book store and just browse
- Visit Bank Negara Museum (free entrance) - highly recommended!
- Visit National Planetarium (exhibition gallery is free)
- Visit MaTic and watch cultural dance performance
- Visit Orang Asli crafts museum
- Visit a public park
- Visit a pasar malam
- Visit a neighbour
- Visit a beach if there's one, or play by a stream - bring fish nets
- Visit IKEA smaland (1 hour play while parent shop) for kids 100-130cm
- Weekly activities with Sunway Explorer Junior Rangers (RM238/year)
- Weekly activities with Sunway Explorer Master Rangers (RM238/year)
- Join Ibu Family activities (@ibufamily)
- Join Boys Scouts and Girl Guides Malaysia
- Join Boys Brigade (Christian organisation but open to all. Girls can join too)
- Volunteer (with a parent) at a local soup kitchen

[illegible]

Create

- Cook a new dish/Baking
- Grow a plant or herb
- Make a terrarium
- Write a poem
- Write a letter or postcard, snail-mail it the old fashioned way
- Design a greeting card, write and send to someone dear
- Work with beads, make jewellery
- Knitting or 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
- Impromptu storytelling - each take a minute turn to complete a story
- Vision board - find pictures that inspires you, add notes on hopes & dreams
- Interview a grandparent

- ☐ Say no to screen during meal times.
- ☐ No screen 2 hours upon waking and 2 hours before bed.
- ☐ Spend a whole day with no screens!



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[illegible]

Move

And more!

- ☐ Say no to screen during meal times.
- ☐ No screen 2 hours upon waking and 2 hours before bed.
- ☐ Spend a whole day with no screens!



An initiative by *JomUnplug!*
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