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

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

Mastery

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)

Explore

Visit an orphange/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

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)

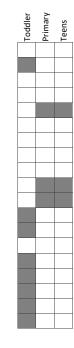
Start a gratitude journal

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

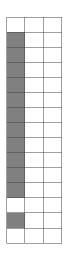


Choose your daily **Challenge**

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!* https://jomunplug.org

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Stargazing

Bug or bird watching Look for shapes in the clouds

Just be bored (learn how to be in our own thoughts)

Play 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 finger puppet Play 'I spy' Play Simon Says Play tic-tac-toe Play zero sum hand game (rock paper scissors, chopstick, coconut crack) Play with fidget toys (stress ball, monkey doodle, tangle, spinners) Play with transforming toys (mini number robot is versatile to carry) Play hop scotch Play with a kite Play with a balloon - toss it high and keep it in the air as long as you can Play in a playground 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 playdough Make fidget spinners from cardboard Make fidget spinners out of Lego Build with Lego or any 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) Sensory bin play (rice, pasta, kinetic sand) - watch for choking hazard Join a messy-play group near you. If not, start one. Move Exercise - stretches, squats, cart-wheel Learn/play racquet sports, ball games, etc Biking, scooting, skating **Swimming** Jump rope Go on a hike Camping (outdoor/lawn/balcony/living room) Have picnic (even have one at home) Climb a tree (with adult supervision) Listen to music and dance to it Help out with house chores Declutter (bedroom, toy storage, wardrobe) And more! Keep a pet (isopods are easy) Hang out with family and just chat about everything

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