

"Turn-Off the Screens"

50 Ways to Leave Your Sofa

1. Walk to the library and get a book.
2. Organize a community-clean up.
3. Pay tag, hopscotch or hide and seek.
4. Attend a community concert.
5. Go inline or ice skating.
6. Help wash the car
7. Paint a picture, a mural or a room.
8. Go swimming.
9. Act out a story.
10. Plan a picnic or barbecue.
11. Go bird watching with a relative.
12. Fix something.
13. Walk the dog.
14. Jump rope.
15. Plant a garden. Work in your garden.
16. Clean out your closet. Donate to charity.
17. Start a walking club.
18. Create sidewalk art with chalk.
19. Walk through a museum.
20. Blow bubbles and try to catch them.
21. Feed fish or birds.
22. Make crafts or try a new craft.
23. Learn to use a compass.
24. Organize your photo album.
25. Teach a child your favorite games.
26. Hike, bike or do what you like.
27. Play Frisbee.
28. Walk to school or work.
29. Learn yoga or tai chi.
30. Attend a live sports event.
31. Watch the sunset/sunrise with a friend
32. Invent a new game. Teach it to a friend.
33. Turn on the radio and dance.
34. Play flashlight tag at night.
35. Go camping. (even in your backyard)
36. Invite the neighbours to play soccer.
37. Walk to get ice cream.
38. Organize a play day at a local park.
39. Play charades.
40. Find some old clothes and dress-up
41. Play "red light/green light"
42. Fly a kite.
43. Rearrange the furniture.
44. Finger paint.
45. Play basketball with a friend.
46. Play duck, duck, goose.
47. Give the dog a bath.
48. Organize a scavenger hunt.
49. Go Bowling.
50. Turn off the television!

*Adapted from Central Western Ontario TV-Turnoff Week
Leader-Teacher Package 2003.*

