20 Screen-Free Activities for Home Learning

Build Something

Use building blocks, recycled materials, chairs, a deck of cards or anything else you can find to build a den, a tower, a vehicle or a robot.

Play a Board Game

Dig out your board games and have fun playing with the family. You could even design and make your own board game.

Keep a Diary

Write a paragraph every day about something you have done. Try to make it as interesting as possible.

Read, Read, Read!

Try to read a little every day. Reread old favourites or pick up that book you've never opened. Read to yourself, an adult or a sibling. Perhaps, you could write a book review to recommend it to someone else.

Puppet Show

Make stick puppets or sock puppets of characters in your favourite story. Use them to put on a puppet show for someone you live with.

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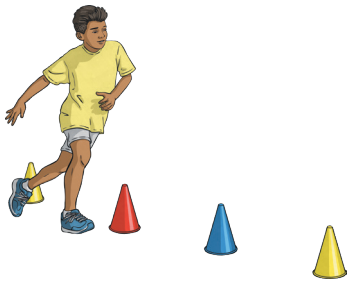
Get Outside

If you have a garden, try to get outside for some fresh air every day. Set yourself a challenge to become more active, such as skipping with a rope for five minutes non-stop. Try to increase the time you spend on the activity each day.

Obstacle Course

Using objects from around the house or in the garden, set up an obstacle course. Challenge your family to see who can complete it in the shortest time.



Be a Nature Spotter

Start a nature survey. Jot down how many different birds, flowers or insects you can spot outside. Record your results in a tally chart.

Make a Story Sack

Choose a favourite book and collect some items in a bag that have something to do with the book. Can someone else guess the book based on the items you have collected?

Sketch a Portrait

Have someone in your family sit for you while you draw their portrait. Can you do the whole family? Why not find a mirror and do a self-portrait? Maybe you can even catch a pet sleeping and draw them.

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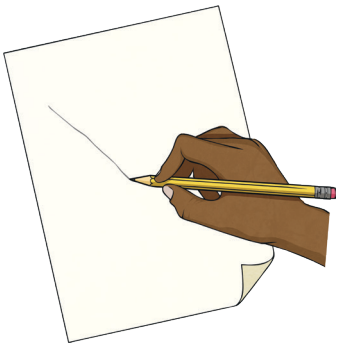
Teach Yourself a New Skill

Now's the time to practise that skill you've always wanted to learn, such as keepy-uppies, riding a bike, learning a language or knitting. The list of new skills is endless!

Cooking

Follow a recipe to make something tasty. Remember, you may need adult supervision. Cooking is a fun way to practise following instructions, weighing and measuring.

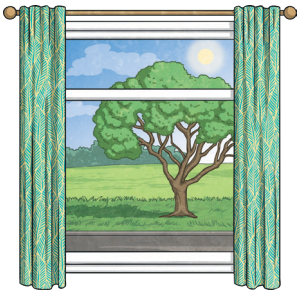


Draw a Map

Draw a map of the rooms in your house or of your local area. Include interesting landmarks or objects. Perhaps, you could turn it into a treasure map and write some clues. Can someone else solve the clues and work out where the 'treasure' is hidden?

Become a Landscape Artist

Look out of a window and draw what you can see. Draw the same view at different times of the day. What changes do you notice?



Get Creative with Words

Write a poem, song or rap about something you enjoy. Perhaps, you could change the words to a popular song or write an acrostic poem about your pet.

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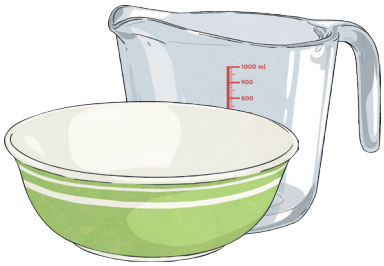
Dance, Dance, Dance!

Make up a dance routine to your favourite pop song. Try teaching it to someone else.

Write a Postcard

Write a postcard or a letter to a friend or relative. Tell them about all the activities you have been doing. Try to make it as interesting as possible. You could arrange with a friend to write to each other.



Investigate Capacity

Get a collection of containers, such as cups, saucepans, egg cups and bowls. Estimate how many smaller containers it takes to fill a larger one, e.g. how many egg cups of water it takes to fill a saucepan. Try it out and see if your estimate was close. Use the water on household plants or in the garden so it doesn't go to waste.

Make a Nature Collage

Collect natural objects found outside, such as leaves, twigs, pine cones and flowers. Create a scene by using them to make a collage.

Help Nature

Make a bird feeder with a pine cone, lard and birdseed to hang up outside or make a bughouse for your garden. Keep watch and see how many animals come to visit.

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