

# 4 Week Screen-free challenge

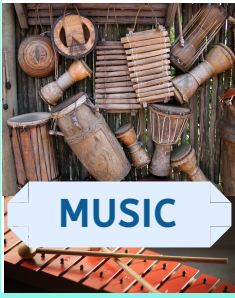
Remember: this is a challenge, it is meant to be challenging! Don't worry if you miss a day :)



**NATURE**



**ART**



**MUSIC**



**SENSORY**



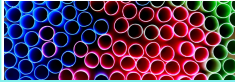
**BUILDING**

**1** Enjoy a 5-minute walk around your neighborhood



**2** Sidewalk chalk

**3** Make sounds with household objects

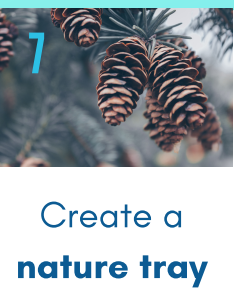


**4** Play dough

**5** Color / shape scavenger hunt



**6** Take a neighborhood walk, and bring a bag to collect some nature!

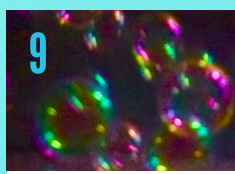


**7** Create a nature tray

**8** Dance party!



**9** Bubble party!



**10** Blocks + natural objects

**11** Outdoor dance party!!



**12** Paintbrush + dish of water (outside, or on newspaper)

**13** Create a "clean up song"

**14** Chop or smash fruits & steamed veggies



**15** Play dough + natural objects

**16** Plan a trip to a local natural area - riverbed, wetland, forest...

**17** Fingerpaints



**18** Drum on kitchen items

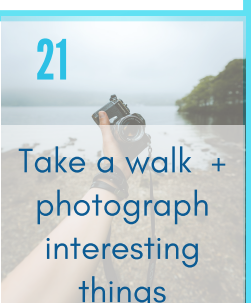
**19** Water tub



**20** Blocks + play dough



**21** Take a walk + photograph interesting things



**22** Print photos and draw on them with markers or crayons

**23** Move like animals song

**24** Go outside to play in dirt, mud or sand



**25**

**26** Neighborhood listening walk

**27** Watercolor



**28** Make animal sounds

**29**

**30**

**Celebrate!!!**  
YOU DID THIS!

## DIRECTIONS FOR USING THE CALENDAR

**#1 Keep it easy.** The goal of this experiment is to have *more fun, more family time* and connection, and ultimately to help your child learn to enjoy spending time with real life materials. If you stress about doing it perfectly, you are more likely to hate it and burn out. Every bit of progress is helpful!

**#2 Have fun.** Jump in with your kids as often as you can. Playing together and enjoying their play is a great way to connect with them, and also a great break from your adult-brained work. If you don't have time to do the whole activity, starting with them is helpful to get them engaged, and then you can let them know you have some other work to do and will come back. (Set a timer if you need to remind yourself to follow through on checking in.)

## GLOSSARY / ADDITIONAL NOTES

**Household objects:** Some of my favorite multi-purpose tools (which can often be found at other people's houses - when they don't have "toys"), are funnels, measuring cups & spoons, paper towel rolls, metal bowls, straws, and spatulas. These are fun used together, or with other materials like blocks or play dough.

**Nature tray:** Find a tray, a basket, a cloth, or a spot on a table to keep your collection for later exploration. These objects can be glued to make collages, squished into play dough, designed into shapes or mandalas, built into block creations, or just experienced with the senses. Try to go out about once a month, to the same area, and notice how the found objects change throughout the seasons.

**Scavenger hunt:** Ask your child to find a number of different colored or shaped blocks or other objects in your house. Once they've collected, challenge them to create a structure using all of them.

**Water tub:** Fill a container with water, lay down a towel underneath, drop in some scoops, measuring spoons, and leaves or flower petals.

**Watercolor:** I highly recommend *\*not\** just giving your toddler / preschooler the typical set of 7+ colors on a tray. They don't know how to add the right amount of water to make the paints work, and the colors get muddy. Instead, pop out two of the base colors (red+blue, blue+yellow, yellow+red), set them in a shallow dish and pour a little water in yourself. (You can also invest in higher quality jars of mixable pigment.) Make sure to tape down the paper as it dries so it won't curl. Alternatively, work on a plastic tray so they can see the colors and then rinse when done. Especially for younger children, art experiences are way more about the process than the product.