Participate in Activities Without Screens

Have you ever looked around you and noticed exactly how many people are practically glued to their electronic devices? That sight has become common today, and there are few signs of it letting up, but what about the world that existed before phones, computers and tablets? There are still a ton of fun things to do that don’t require you to have an internet connection, and lots of them are things you can do without even leaving your own home.

**Crafting**

Virtual crafting of objects has become relatively popular in recent years, but the old pastime of crafting hasn’t vanished. When you or your children can physically hold something in their hands, it’s very different from looking at something on a screen. A craft like paper mache is easy, extremely inexpensive and can create objects that last for years. All you need is some paper strips and/or paper pulp, some paste which you can make out of material you find in your kitchen, water, flour, and salt, and you have a possible art project that you may be able to hang in the house for years to come, which is a lot more fun and exciting than something digital that no can touch, and can only be shown with a tablet and an internet connection.

**Board Games**

Board games have been a part of culture for hundreds of years. They challenge the mind by engaging strategy, special reasoning, and a multitude of other faculties. These games are a great way to spend time and use your mind with friends and family. During game play, you can all look directly into the faces of your rivals, as each of you make plans for the domination of the game board.

**Dancing**

If you’re looking for something more physical, the act of going out to dance can be a great option. When you go out to dance, you’re getting great exercise, and interacting directly with other people who are all looking for a fun night. You can go with friends or a significant other to have a fun shared experience. When the music starts and you want to move in sync with that person you’re focused on, you probably won’t be thinking about what is happening on social media. That is why dancing is one of the oldest activities known to people.