



ENRICHMENT ACTIVITIES THAT DO NOT REQUIRE TECHNOLOGY

- **READ! READ! READ!**

(You can read by yourself, someone can read to you, you can read with someone or even read to a stuffed animal!)

- Write stories (with illustrations), poems, songs, recipes, theater scripts, recipes, create comic books ...
- Keep a journal with daily entries
- Write letters/postcards/greeting cards and mail them to family and friends or those in retirement communities who are unable to leave their home
- Play board games
- Play card games (Solitaire, Go Fish, Hearts, War, Concentration, Crazy Eights...)
- Put together puzzles
- Draw, paint, color or sketch
- Have family movie nights
- Complete daily chores
- Put on talent shows
- Create a crossword puzzle or word search for someone else to solve
- Create crafts
- Have conversations with those in your own home
- Make paper airplanes and hang a target to “hit”
- Do Yoga
- Listen to music, sing
- Choreograph dances
- Go for a walk
- Ride your bike, scooter, skateboard, roller skates
- Play in your backyard
- Help cook meals
- Design your own board game and play it
- Play marbles and build a marble run out of empty toilet paper rolls, tape, cups, straws
- Learn something new... sewing, baking, cooking, origami

- Make play-dough or slime
- Build a house/castle out of cards, plastic cups, legos, blocks
- Plant a garden (vegetables, fruits, herbs, flowers) and keep a journal of the progress
- Plan and build a structure out of mini-marshmallows and toothpicks
- Bowl indoors with empty water bottles and a small ball
- Design your dream school
- Have a picnic (Could even be in the living room!)
- Cloud Watch - look for shapes and draw them
- Star Gaze
- Plan a scavenger hunt in your house with a treasure map
- Play Hide-and-Go-Seek
- Create your own coloring book
- Play balloon tennis with a couple of fly swatters and a balloon
- Make a tent/fort out of sheets, chairs, pillows...
- Make shadow puppets or create your own out of socks/paper bags and tell stories
- Create a questionnaire and interview people in your home or on the phone
- Play tic-tac-toe, Pictionary, Charades
- Play Hopscotch, jump rope
- Draw a mural on the driveway with chalk
- Use your imagination!

