

Screen-Time Alternatives

- Acting
- Bike riding
- Board games
- Bowling
- Camping
- Caring for your pet
- Checkers
- Cleaning the house
- Cooking
- Crafting
- Dancing
- Doing laundry
- Drawing
- Fishing
- Frisbee
- Gardening
- Going to a house of worship
- Going to a spiritual center
- Going to the gym
- Golfing
- Grocery shopping
- Hiking
- In-line skating
- Inviting friends over
- Singing
- Sit-ups
- Sleeping
- Solving number puzzles
- Spending time with family
- Storytelling
- Stretching
- Swimming
- Journaling
- Jogging
- Jumping rope
- Knitting or crocheting
- Learning a language
- Listening to music
- Meditating
- Mindful walking
- Mowing the lawn
- Organizing
- Painting
- Photography
- Planting flowers
- Playing an instrument
- Playing *Dance, Dance Revolution*
- Playing tag
- Playing team sports
- Playing tennis
- Playing with a hacky sack
- Playing with children
- Push-ups
- Reading
- Relaxing
- Scrapbooking
- Talking on the phone with friends
- Tutoring
- Visiting a museum
- Volunteering
- Walking
- Woodworking
- Writing poetry
- Yoga

Adapted from Lilian W. Y. Cheung, Hank Dart, Sari Kalin, and Steven L. Gortmaker, *Eat Well & Keep Moving*, 2nd ed. (Champaign, IL: Human Kinetics), p. 387.

