

# 101 SCREEN-FREE (MOSTLY) OUTDOOR ACTIVITIES

1. Go for a walk
2. Do yard work
3. Make a campfire
4. Go fishing
5. Roll down a grassy hill
6. Go camping
7. Brew sun tea
8. Swim in a natural spring
9. Go birding
10. Climb a tree
11. Watch a sunset
12. Go for a nature walk
13. Visit your local community center
14. Sing a silly song
15. Read a poem about nature
16. Visit the zoo
17. Find the nearest park to your home
18. Try a new outdoor craft
19. Go tubing on a river
20. Read *A LAND REMEMBERED* by Patrick Smith
21. Find Suwanee limestone
22. Build a sandcastle
23. Target practice with a bow and arrow
24. See a scrub jay
25. Watch bats emerge from a bat house
26. Pick and taste a native fruit
27. Go stargazing. Identify the Big Dipper
28. Identify an animal by their tracks
29. Watch a sunrise
30. Catch an ant lion
31. Draw a picture of a flower from real life
32. Get up early to watch the sunrise
33. Volunteer at a coastal cleanup
34. Learn to use a compass
35. Climb to the top of a lighthouse
36. Plant a butterfly garden
37. Water a plant
38. Visit and learn about a shell mound
39. Learn about the Timucuan people
40. Touch a natural sponge
41. Make a mud pie
42. Walk a dog
43. Listen to music outside
44. Go to a museum
45. Play hide n' seek outside
46. Ride a bike or skateboard
47. See a manatee
48. Explore a cavern
49. Snorkel at a reef
50. Ride in an airboat



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51. Visit the Everglades
52. See a Torreya tree
53. Hike on the Florida Trail
54. Hug a longleaf pine
55. Find a shark's tooth
56. Find a horse conch shell
57. Learn to paddleboard
58. Kayak through cypress trees
59. Visit an aquarium
60. Fly a kite at the beach
61. Make a miniature boat that floats
62. Explore a dry prairie
63. Read HOOT by Carl Hiaasen
64. Collect fallen leaves, press them in a book
65. View sand under a microscope
66. Spot a dolphin fin
67. Catch a mole crab
68. Help with a habitat restoration project
69. Visit a National Wildlife Refuge
70. Watch the "V" of migrating pelicans
71. Attend a live sports event
72. Sort/take out the recycling
73. Do an "upcycle" project
74. Fix or repurpose a broken household item
75. Find an osprey feather
76. See a gopher tortoise
77. Catch a green anole
78. Watch the space station pass
79. Walk like four different animals
80. Build a bird house
81. View an insect with a magnifying glass
82. Touch a mangrove tree
83. Blow bubbles
84. Go swimming.
85. Play frisbee or disc golf
86. Play hopscotch or freeze tag
87. Invent a new game and teach it to a friend
88. Create sidewalk art with chalk
89. Organize a neighborhood scavenger hunt
90. Make a poster for screen-free week
91. Make a homemade sundial
92. Learn how to build a shelter
93. Spot an alligator
94. Do a water cycle science experiment
95. Collect trash in your neighborhood
96. Go surfing or boogie boarding
97. Identify cloud shapes
98. Start a rainwater garden
99. Try jump roping
100. Eat a meal outside
101. Play flashlight tag after sunset



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