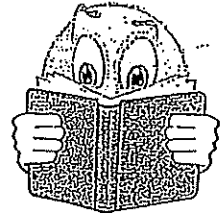


100 Free Things To Do with Your Children!

Remember the simplicity of childhood is found in the quality of the time spent together - enjoy each moment, create an environment of joy and excitement, learning and fun! "

1. Library-check out books that have IDEAS - give reason for further hands on study (activity).
2. Library-STORY TIME - something about a different location breaks up the routine for the kids,
3. Local Park - go early, pack a lunch, bring a drawing tablet, enjoy the outside before it's too hot.
4. Take a field trip.



5. Visit a fire department.
6. Play in the water - but aside from the everyday play in the sprinkler, kiddie pool - make games with the water - use the water with paint brushes and paper)...
7. Build a fort, gather sticks, broken branches, etc. build a fort, or house this will provide days worth of enjoyment both in the gathering/building/playing inside.
8. Take a nature walk. Take along a journal or paper and draw picture of what they see. If you have a camera phone take pictures. Once home, identify everything your photographed, create a nature book.
9. Take an "Alphabet tour"... begin with the letter a (Apple street) b (building) c (colosseum) d(dog) e(eatery) you get the drift - when you are done - each child has a personal and creative alphabet memory book.
10. Check out kids free days at your museums.
11. Make homemade ice cream, popsicles, smoothies, and ice cream sundaes.
12. Go on a scavenger hunt. Make the list and have the kids find the items.
13. Host a neighborhood carnival - each neighbor hosts a game/activity and gives out a snack/drink.
14. Go to an outdoor concert (most towns/cities have a website where you can see what/when and which ones are free.)

15. Check your movie theatre for free summer movies (usually morning showings)
16. Go to the beach.
17. Check out your local hardware store - they offer free kids club building projects.

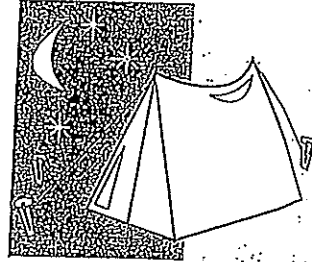


18. Cook with your kids - let them plan it, be a part of the shopping, table setting - make dessert!
19. Host a cooking party - invite some friends and have each adult bring a few ingredients.
20. Teach the kids Frisbee golf.

21. Go fly a kite (why not make them first).
22. Do a sewing project together. Make a picnic or story time blanket, apron, or summer dress.
23. Make sock puppets - put on a puppet shows.
24. Go outside for reading time.
25. Make and blow bubbles.
26. Hide all the little play toys in mound of dirt or sand pit - have an excavation.
27. Play dress up.
28. Have a tea party.
29. Make an obstacle course out of your back yard and have races.
30. Play jacks.
31. Go fishing.
32. Go on a bike ride.
33. Camp in your back yard.
34. Melt and create with crayons.
35. Visit a local park.
36. Go bowling (a lot of the alleys offer students 2 free games over the summer).
37. Plant a garden using seeds from your vegetables/fruits.
38. Tour local historic sites.
39. Make a star gazing map.
40. Teach the kids to knit.
41. Let the child make a list of things they want to do today.
42. Set up a lemonade stand.
43. Set up a mini toy car race in the driveway or sidewalk. Have them make a trophy to give to the winning car.
44. Have a building blocks contest – the most interesting "building."
45. Make a doll.
46. Hunt for animal tracks. (Get a book from the library to help identify them).
47. Have a dress up party (doesn't have to be Halloween to wear those costumes).



48. Learn bird calls.
49. Be an artist! Cut pictures or words out of a magazine or newspaper and glue them together.
50. Play in the rain.
51. Tour a local building that is interesting to you.
52. Make musical instruments. (pie pan tambourine, string and cereal box guitar)
53. Make tie die shirts. (Play some fun music, too!)
54. Make lunch or dinner for a family member.
55. Make a tent in the living room.
56. Take a walk and see how many different trees are in your neighborhood.
57. Make a bird feeder with pine cones & peanut butter (and bird seed of course).
58. Paint with fruit and vegetables (or q-tips, old toothbrush, sponges, leaves.... etc.)
59. Play charades.
60. Have a game day - if it's nice outside - take them out on a blanket.
61. Walk your neighbor's dog.
62. Listen to a new music on the radio and draw a picture to the music.
63. Make silhouettes.
64. Help them write a letter or tell a story about their favorite person.
65. Learn/Go Orienteering.
66. Make a compass. (Ties in to 65)



67. Gather friends and have a "clean" the park day - celebrate your good deed with a picnic and play time.

68. Sculpt with homemade SALT CLAY made from flour and salt.

69. Collect small rocks. Then sort by color/size. Then use them to decorate an empty jar –

70. Walk around your neighborhood and have the children identify all the things they see and have them describe it to you.

71. Go to a farmers market.

72. Check with a local pizzeria to see if you can come in for a tour

73. Check your newspaper for local summer festivals.

74. Make school related activities fun; Create your own matching number cards. Make a clock with a paper plate.

75. Learn (play) street games.
76. Make Taffy.
77. Make a checker board and your own checkers. Then play for a bit...
78. Make your own board games.
79. Make a Milk Carton Boat - and head to a pond.
80. Have a Christmas in July party and ask all the guests to bring donations for your local food pantry.
81. Participate in a free activity at Bass Pro Shop.
82. Have a major league team (Baseball or Football) in your area - call about free kids tickets this summer.
83. Take a trip to tour your local government offices or local courthouse, etc.
84. Gather then paint, pet rocks.
85. Plan a theme week.
86. Volunteer at a local organization.
87. Have a pajama day. Enjoy movies and popcorn (great for a rainy day).
88. Color.
89. Make a Wind chime.
90. Write your own poems.
91. Do a toy swap with your friends.
92. Let you child pretend they are the teacher, barber, or hairdresser.
93. Make paper dolls.
94. Travel around the world by getting a library book with photos of new places.
95. Let the children paint your fingernails!
96. Play tennis, soccer, kickball, football, etc.
97. When you food shop, have them help you add up what has been spent.
98. Make glowing fireflies. Get glow sticks at Target \$1.00 bins (10 in a pack).
99. Make a sandcastle or a dirt castle.
100. Enjoy an art lesson.

