



## Top 30: What To Do Instead of TV

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|----------------------------|---------------------------------|
| Ride bike                  | Listen to music                 |
| Paddle in the pond         | Exercise/workout                |
| Walk                       | Do laundry                      |
| Hike                       | Clean house (chores)            |
| Cut grass                  | Connect with a friend           |
| Weed a garden              | Complete a craft                |
| Play with the dog          | Swim                            |
| Ride horse                 | Visit the library               |
| Swing                      | Watch a "how to" and then do it |
| Scooter                    | Learn a new computer program    |
| Play guitar/piano          | Volunteer                       |
| Read a book                | Get a job                       |
| Color                      | Cloud and/or star gaze          |
| Bake cookies               | Listen to nature                |
| Cook food to eat or freeze | Play a board game and/or cards  |

*Bored? Not!*