



Top 30: What To Do Instead of TV

Ride bike

Paddle in the pond

Walk

Hike

Cut grass

Weed a garden

Play with the dog

Ride horse

Swing

Scooter

Play guitar/piano

Read a book

Color

Bake cookies

Cook food to eat or freeze

Listen to music

Exercise/workout

Do laundry

Clean house (chores)

Connect with a friend

Complete a craft

Swim

Visit the library

Watch a "how to" and then do it

Learn a new computer program

Volunteer

Get a job

Cloud and/or star gaze

Listen to nature

Play a board game and/or cards

Bored? Mot!

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