

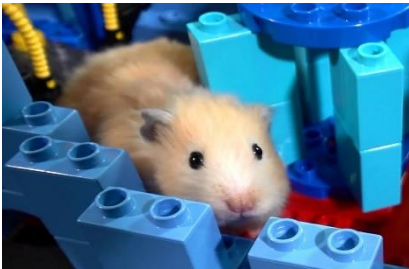
# Things to Do... Unplugged!

[Tween – Teen]

When you're feeling bored and like there's nothing to do...

## ★ Get Active + Get Fresh Air! ★

**Have a pet?** Build them an **obstacle course/maze**. For small pets like hamsters, toilet paper rolls, Lego, Kleenex boxes, and shoe boxes work great! Larger pet? Set up hula-hoops, bars to jump over, pool noodles... be creative! **Treats are a great incentive for all pets!**



Part 2



**Pick wild flowers** and make a **bouquet**. Keep it or give it away!



**Have siblings?** Build an **obstacle course** and time each other to see who can complete it the quickest! Try to **convince your parents to join too** and sneakily video tape them to watch and laugh about later.

**Explore your community**, then make a list of the **Top 10 Places to Explore** with photos that you've taken. Post these to your **social media** or better yet, **show them to your friends in person**.



DIGITAL WELLNESS COALITION

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