

THINGS TO DO INSTEAD OF WATCHING TELEVISION OR PLAYING COMPUTER GAMES

1. PLAY WITH LAST YEARS CHRISTMAS PRESENTS
2. MAKE SOME MUSIC
3. LEARN A POEM
4. LEARN SOME JOKES OR RIDDLES
5. LIE OUTSIDE AND LOOK AT THE CLOUDS
6. TIDY UP YOUR BEDROOM
7. MAKE UP A BOX OF THINGS FOR THE OP SHOP
8. PLAY WITH YOUR LAST BIRTHDAY PRESENT
9. MAKE A SCULPTURE OUT OF SCRAP MATERIAL
10. READ A BOOK
11. TAPE YOURSELF. MAKE UP A RADIO PLAY.
12. LISTEN TO A TAPED STORY.
13. WORK OUT A GYMNASTICS OR TRAMPOLINE OR AEROBIC ROUTINE.
14. PLAY WITH YOUR PETS.
15. OBSERVE THEM. TEACH THEM A TRICK.
16. ASK IF YOU CAN HELP SOMEONE.
17. MAKE A HOPSCOTCH AREA
18. PLAY QUILTS, DARTS OR HOOKEY.
19. SKETCH A TREE, ROOF, WINDMILL OR SHED.
20. PAINT A SCENE WHICH WILL RELAX THE VIEWER.
21. DO A CROSSWORD PUZZLE
22. DRESS UP AS A PIRATE, WITCH, WIZARD ETC.
23. MAKE A CAKE OR BISCUITS
24. LOOK AT SOME PHOTO ALBUMS
25. WASH THE DOG
26. PLAY A GAME AGAINST A WALL - TENNIS, HANDBALL, DOWNBALL
27. SEE HOW MANY TIMES YOU CAN BOUNCE A BALL
28. SEE HOW MANY TIMES YOU CAN BOUNCE A BALL OFF A RACQUET
29. MAKE A BILLY CART
30. PLAY IN THE SANDPIT
31. BUILD A CURRY OUT OF WOOD OR SHEETS OVER A TABLE
32. WRITE A LETTER TO SOMEONE
33. MAKE A MODEL VILLAGE OR A CAP, TRACK ON A BOARD OR IN THE SANDPIT.
34. GO FOR A WALK
35. TAKE THE DOG FOR A WALK
36. TAKE THE FAMILY FOR A WALK
37. MAKE A SWING
38. DO SOME GARDENING
39. LISTEN TO SOME MUSIC
40. WRITE A STORY AND ILLUSTRATE IT
41. INVITE SOMEONE TO PLAY
42. PICK SOME FLOWERS TO DECORATE THE HOUSE
43. CLIMB A TREE
44. RIDE YOUR BIKE
45. READ A BOOK
46. WATCH A SWITCHED OFF T.V. - YOU'LL THINK MORE!