

Rather than watching TV:

Read a book

Ride a bike, trike, or scooter

Decorate a large or small box

Play with playdo

Cut out paper shapes to decorate refrigerator

Listen to music, dance to music, sing along

Jump rope

Make up a story, tell it onto a tape, make pictures to illustrate it, or write it

Make up a song

Work on a hobby

Walk your dog or a neighbor's dog, give it a good brushing

Make a collage or scrap book

Draw on the sidewalk with chalk

Play dress-up, house, school

Play tag

Put together a puzzle

Play wall-ball

Call a friend or relative

Make seasonal decorations

Go roller-skating

Look at photo albums; make a fake photo album with pictures cut from magazines

Do exercises

Have a tea party

Play a board game

Make a fort with a blanket, cushions, pillows

Cook something with an adult

Listen to a story tape

Write a letter or note to someone

Play at drumming; make a drum set with household objects

Memorize a poem

Paint a picture, color, draw

Act out a storybook with friends or stuffed animals

Make paper airplanes, see how far they can fly

Play hop scotch, marbles, or jacks

Give toys a sponge bath

Play balloon volleyball

Throw a frisbee, try to top your personal best

Kick around a ball, practice soccer moves

Go to the park

Play with stuffed animals

Teach yourself something new.

Fly a kite, play with a yo-yo, play cards, practice a sport

