



FAMILY LIBRARY · FREE PRINTABLE

SCREEN-FREE *after school*

20 games to get them moving.

Kids who play, not scroll. The hour after school is the perfect time to burn off energy before homework, dinner and bed.

You don't need a gym, a plan or a Pinterest board. You need 20 minutes and a yes.

10

Indoor games for rainy days

10

Outdoor games for fresh air

INSIDE

20 games

Pick-your-week planner

INSIDE & OUTSIDE

INDOOR

- 1 Animal walks**
Bear crawl, crab walk, frog jumps across the room.
Nothing needed.
- 2 Floor is lava**
Couch cushions and pillows.
- 3 Freeze dance**
Music and someone on pause.
- 4 Balloon keep-up**
One balloon. Don't let it touch the floor.
- 5 Hallway bowling**
Empty bottles and a soft ball.
- 6 Pillow obstacle course**
Pillows, chairs, a blanket tunnel.
- 7 Simon says workout**
Squats, jumping jacks, planks. Kids take turns as Simon.
- 8 Yoga story**
Make up a story with a pose for every animal.
- 9 Sock basketball**
Rolled-up socks and a laundry basket.
- 10 Dice workout**
One die. Each number is a move. Roll and go.

OUTDOOR

- 11 Tag, any kind**
Freeze tag, shadow tag, sock tag.
- 12 Sidewalk chalk hopscotch**
Chalk. Add your own crazy squares.
- 13 Scavenger hunt**
A list: a red leaf, a smooth rock, something round.
- 14 Bike or scooter loop**
Helmet on. Set a lap goal.
- 15 Relay races**
Run, hop, skip, crab walk.
- 16 Ball wall**
A ball and a wall. Count catches in a row.
- 17 Red light, green light**
One caller, everyone else moves.
- 18 Jump rope challenge**
Count your best streak. Beat it tomorrow.
- 19 Mini Olympics**
Long jump, sprint, ball throw. Make medals.
- 20 Walk and talk**
Around the block. Phones stay home.

SCREEN-FREE AFTER SCHOOL

PICK YOUR *week*

Let the kids pick the game for each day. Write the number or name, how long you played, and tick it off.

DAY	GAME WE PICKED	MINUTES	DONE
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			

Our family favourite this week

A new game we made up
