

Slim Your Screen Time

Warm and sunny activities



How to participate

- 1 Go to [mayoclinichealthsystem.org/wellness](https://www.mayoclinichealthsystem.org/wellness) to access program materials.
- 2 Complete 30 activities from the list in the next 60 days.
- 3 Choose the activities that work best for you, and complete them on your schedule.
- 4 Check activities off the list as you complete them.

Warm and sunny activities

Print this checklist or save it to your computer to complete it electronically.
Choose at least 30 activities to complete on your schedule.

- Attend a craft fair
- Attend a festival, fair or carnival
- Attend a fitness class
- Attend a music concert
- Attend a parade
- Attend a sporting event
- Attend an art show
- Attend the live theater or a local theater production
- Blow bubbles
- Build a fort
- Build a sand castle
- Build a tree house
- Build something
- Camp in the yard
- Catch fireflies, butterflies or insects
- Climb a tree
- Collect and paint rocks
- Complete a jigsaw puzzle, word find or brain game
- Cook a meal as a family
- Cook over an open fire
- Create sidewalk chalk art
- Do a random act of kindness
- Do a science project
- Donate to a charity
- Draw pictures and share them
- Enjoy a bonfire or campfire
- Exercise
- Feed the birds
- Fly a kite
- Fly paper airplanes
- Free choice
- Gaze at the stars
- Go camping (yard, park or inside)
- Go fishing
- Go for a walk
- Go geocaching
- Go on or plan a scavenger hunt
- Go sightseeing in your community
- Go somewhere you've never been
- Go swimming
- Go to a batting cage
- Go to a farmer's market
- Go to a library
- Go to a park or playground
- Go to a skate park
- Go to a splash pad
- Go to an outdoor yoga class
- Go to the beach
- Go to the car races
- Go to the zoo
- Have an outdoor playdate
- Have a water gun or balloon battle
- Help with a neighbor's yardwork
- Hike a trail
- Hula hoop
- Jump on a trampoline
- Jump rope
- Kayak, canoe or tube
- Learn a new language
- Learn a new recipe
- Learn a new skill (juggle, paint, etc.)
- Make a bird feeder
- Make a blanket fort
- Make a craft
- Make a photo collage
- Make an obstacle course
- Make ice cream
- Make mud pies

- Mow the lawn
- Pack a picnic
- Paint your nails
- Paint with water
- Pick blueberries or strawberries
- Pick up trash in your community
- Plant a garden
- Play a musical instrument
- Play badminton
- Play baseball
- Play bean bag toss
- Play board games
- Play bocce ball
- Play cards
- Play catch
- Play croquet
- Play flashlight tag
- Play flying disc golf
- Play golf
- Play hide and seek
- Play hopscotch
- Play in a creek
- Play in the sprinkler

- Play jacks
- Play kickball
- Play mini golf
- Play music and dance
- Play on a slip and slide
- Play pickle ball
- Play soccer
- Play tennis
- Play tug of war
- Play volleyball
- Play yard games
- Read a book
- Ride a bike
- Roll down a hill
- Run a race
- Send handwritten letters or cards
- Shoot hoops
- Skip stones
- Sleep under the stars
- Stack rocks
- Start a collection
- Take a road trip
- Take photos
- Tell ghost stories

- Toss a flying disc
- Tour a museum
- Try a new food
- Try something new
- Visit someone who is homebound
- Volunteer
- Walk a dog
- Walk around your neighborhood
- Wash a car
- Watch fireworks
- Watch the clouds
- Watch the sunrise
- Watch the sunset
- Weed a garden
- Write a story

