



## 25 Things to Do Instead of Watching TV

1. Read

2. Take a walk

3. Sing along with favorite songs

4. Draw

5. Dance

6. Climb a tree

7. Hike

8. Make up a game with a friend

9. Make homemade playdough

10. Play "Let's Pretend"



11. READ!!!

12. Explore

13. Swim

14. Play Ball

15. Build

16. Talk on the Phone

17. Imagine

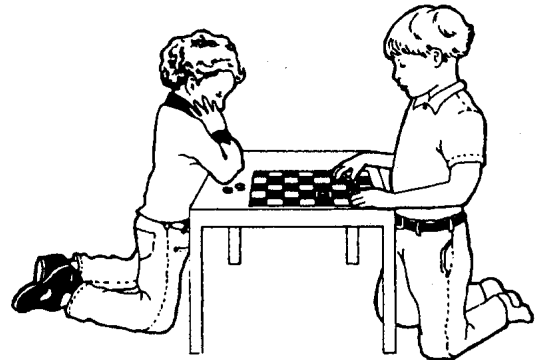
18. Race toy cars

19. Ride Bikes

20. Paint

21. Cook (with adults)

22. Make your own list of things you like to do



23. Play a board game

24. Dress up

25. READ

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