

PRINTABLE + FILLABLE PDF KIT

Screen Free Survival Kit

Small routines, clear limits, and more ways to play.
For families with kids ages 4 to 10.

24 activity cards

7 day practice plan

Fill on your phone or print

- 24 activities to swap in for screen time
- Scripts for hard handoffs and big feelings
- A 7 day plan with two worked examples



Updated October 2026 · Plain English · Official sources listed

01 / GET STARTED

Start with one small moment

You do not need to replace every screen in your house today.

A 5 minute setup

1. **Pick one moment.** Try dinner setup, a weekend morning, or the hour before bedtime.
2. **Choose two alternatives.** Set out only the supplies needed for two cards.
3. **Say the plan.** "After this episode, the tablet parks here. You can draw or help set the table."
4. **Join the first step.** Draw one line or show the first task. Adjust after trying it.

What this kit is for

Make room for play, rest and time together. AAP guidance considers the content, the situation and what else needs space in the day. One minute limit does not answer every family question. [1]

Keep useful technology available

Here, "screen free" means a chosen break from recreational viewing or gaming. School, medical and access needs have their own plan. Keep speech generating devices available for communication. [7]

Find the page you need

Limits and hard handoffs: 3 to 6 **Worked examples:** 7 to 8

Practice week and routines: 9 to 10 **Activity picker:** 11

Activity cards: 12 to 17 **Difficult days and adaptations:** 18 to 19

Write or type: 20 to 23 **Sources:** 24 to 25

ACTIVITY CARDS / 2 OF 6

Notice and move

Four larger cards. Try the smaller start, then add a challenge if it fits.

05 / STAY NEARBY

Toy museum

Prep: 1 min | Try: 5 to 10 min

Need: Three familiar toys

Arrange a tiny exhibit. Give each toy a name and explain what makes it interesting.

Smaller start / adapt: Describe one item, or let an adult do the arranging.

Add a challenge: Make labels and lead a museum tour with questions.

06 / JOIN IN

Sound detective

Prep: None | Try: 2 to 5 min

Need: No supplies

Sit comfortably and notice sounds nearby. Take turns naming a sound and its possible source.

Smaller start / adapt: For hearing differences, look for colors, textures or movement instead.

Add a challenge: Compare sounds in two places and explain the difference.

07 / JOIN IN

Mirror moves

Prep: None | Try: 3 to 8 min

Need: Clear floor space

One person makes a slow movement. The other mirrors it. Swap leaders.

Smaller start / adapt: Play seated using fingers, hands or facial expressions.

Add a challenge: Create a four move sequence for a partner to copy.

08 / JOIN IN

Animal parade

Prep: None | Try: 3 to 8 min

Need: Clear floor space

Choose an animal and show how it moves. Everyone can invent their own version.

Smaller start / adapt: Use hands or voices instead of moving across the floor.

Add a challenge: Combine two animals and invent a habitat for them.

Estimates are flexible, not promised playtime. An adult checks supplies and spaces, cuts cards, and supervises to fit the child. Keep small parts away from children who mouth objects. See [AAP art supply safety guidance](#).