

7 DAYS · 1 CHALLENGE PER DAY · NO SCREENS REQUIRED








Screen-Free Week Challenge Chart

One challenge each day — active, creative, or quiet. Collect a sticker (or draw a star) when done. Finish all 7 and choose your reward together.

MY NAME: _____

WEEK STARTING: _____

MY REWARD: _____

MONDAY 1	TUESDAY 2	WEDNESDAY 3	THURSDAY 4	FRIDAY 5	SATURDAY 6	SUNDAY 7
 <p>Draw a portrait of someone at home Paper + pencil only</p>	 <p>Build an indoor obstacle course and beat your fastest time Cushions + tape</p>	 <p>Read for 20 minutes — in a fort you built yourself Any book</p>	 <p>Go outside for 30 minutes. Collect 5 natural things. Whatever you find</p>	 <p>Make something in the kitchen with a grown-up Any recipe</p>	 <p>Build something from the recycling bin or toy box No instructions</p>	 <p>YOUR PICK — choose any activity you loved this week and do it again Your choice!</p>
STICKER OR STAR	STICKER OR STAR	STICKER OR STAR	STICKER OR STAR	STICKER OR STAR	STICKER OR STAR	FINAL STAR

CHALLENGES:  Creative  Active  Quiet / reading  Outdoor  Kitchen project  Building / making  Free choice

⚠ Safety notes: Kitchen project (Day 5) requires adult supervision — heat and sharp tools. Outdoor challenge (Day 4): supervise near roads and water. Ages 2–4 (Tiny): all activities should be done alongside a parent or caregiver. Small items used in building challenges may be choking hazards for children under 3 — check pieces before play.

HOW TO USE THIS CHART

Post it on the fridge. Each morning, do the day's challenge — or swap it for a different activity from the list above if today's doesn't fit. **No phone, tablet, or TV during challenge time.** Add a sticker or draw a star in the box when done.

CHOOSING THE REWARD

Pick the reward **together, before the week starts** — write it on the line above. Keep it simple: a family game night, choosing dinner, a trip to the park. The best rewards are shared experiences, not things.

WANT MORE ACTIVITY IDEAS?

The **Boredom Buster Deck** has 60 screen-free activity cards sorted by age (2–10) and prep time. Download the free 6-card sample at littlesparx.com/products — no email required.