

# Screen-Free Activities by Age – Printable Checklist

Print this page, keep it on the fridge or in your bag, and use it before you reach for the screen. Free from **kidtales.io** – personalized audio stories for kids 2-8.

## AGES 2-3

Tactile, sensory, and audio. No reading required. Expect short bursts – rotate quickly.

	ACTIVITY	MESS LEVEL	SETUP TIME
<input type="checkbox"/>	KidTales audio stories	None	None – tap play
<input type="checkbox"/>	Playdough	Low-medium	1 min
<input type="checkbox"/>	Sticker books	None	None
<input type="checkbox"/>	Water reveal coloring pads	Low	1 min
<input type="checkbox"/>	Sensory bin (rice or lentils + cups)	Medium	5 min
<input type="checkbox"/>	Magnetic drawing board	None	None
<input type="checkbox"/>	Sing-along playlists	None	None
<input type="checkbox"/>	Blocks or stacking toys	None	None
<input type="checkbox"/>	The color game (call a color, find 5 things)	None	None

**Our family favorite:** \_\_\_\_\_

## AGES 4-5

Imaginative play, simple rules, activities they can repeat with variations. Cooperative over competitive.

	ACTIVITY	MESS LEVEL	SETUP TIME
<input type="checkbox"/>	KidTales audio stories	None	None
<input type="checkbox"/>	"What happens next?" story game	None	None
<input type="checkbox"/>	Reusable sticker scenes	None	None
<input type="checkbox"/>	Road trip bingo	None	5 min to print
<input type="checkbox"/>	Watercolor drawing	Low	2 min
<input type="checkbox"/>	Simple board games (Hoot Owl Hoot, Zingo)	None	2 min
<input type="checkbox"/>	Dramatic play (restaurant, store, spaceship)	Low	None
<input type="checkbox"/>	Puzzle (24-48 piece)	None	None
<input type="checkbox"/>	Kids' audio podcasts	None	5 min (download first)

**Our family favorite:** \_\_\_\_\_ for personal & family use

**AGES 6-8**

Longer engagement, more complex rules, building and creating, audio with more narrative.

	ACTIVITY	MESS LEVEL	SETUP TIME
<input type="checkbox"/>	KidTales audio stories	None	None
<input type="checkbox"/>	Building challenge (LEGO, magnetic tiles)	None-low	None
<input type="checkbox"/>	Puzzle (100-200 piece)	None	None
<input type="checkbox"/>	Road trip scavenger hunt	None	5 min to print
<input type="checkbox"/>	Kids' audio podcasts	None	5 min (download first)
<input type="checkbox"/>	Card games (Go Fish, Sleeping Queens, Uno)	None	2 min
<input type="checkbox"/>	Watercolor painting	Medium	3 min
<input type="checkbox"/>	"What happens next?" story game	None	None
<input type="checkbox"/>	Board games (Sleeping Queens, Suspend)	None	2 min

**Our family favorite:** \_\_\_\_\_

**By Situation**

**At bedtime**

KidTales audio story → calm drawing → goodnight ritual

**In the car**

Audio story or podcast → road trip bingo or scavenger hunt → "what happens next?" story game

**Rainy day indoors**

Building challenge → dramatic play → board game → sensory bin

**Need 15 minutes right now**

Sticker book → playdough → magnetic drawing board → color game

# What Works for Our Family

Fill this in after a few tries. The best screen-free routine is the one your family actually reaches for – not the one a checklist tells you to.

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## Quick reminders

- Screen-free doesn't mean parent-free. Most of these need a few minutes of setup, and some need a parent nearby for the first round.
- Audio is the screen-free option kids actually want – it feels like screen content without the screen. Lean on it when nothing else lands.
- Match the activity to the kid, not the calendar. A tired 4-year-old won't sit through a puzzle. A wound-up 4-year-old won't sit through anything.
- Keep one or two activities *out* of the regular rotation as backups. Novelty resets a bored kid faster than anything else.

**The screen-free option your kid will actually ask for:** KidTales – personalized AI audio stories for kids 2-8. Your first three stories are on us. Try free at [kidtales.io](https://kidtales.io).

Free for personal and family use. Please don't resell.