

# 30-Day Screen-Free Challenge

April 2026

One screen-free activity per day. Check off each day as you go!

■ Sensory  
 ■ Motor  
 ■ Literacy  
 ■ Numeracy  
 ■ Creative  
 ■ Life Skills

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 <input type="checkbox"/> <span style="color: green;">■</span> Water bead play	2 <input type="checkbox"/> <span style="color: blue;">■</span> Hop on one foot	3 <input type="checkbox"/> <span style="color: brown;">■</span> Read 3 books	4 <input type="checkbox"/> <span style="color: purple;">■</span> Count to 20
5 <input type="checkbox"/> <span style="color: brown;">■</span> Finger painting	6 <input type="checkbox"/> <span style="color: green;">■</span> Set the table	7 <input type="checkbox"/> <span style="color: green;">■</span> Play with sand	8 <input type="checkbox"/> <span style="color: blue;">■</span> Balance beam walk	9 <input type="checkbox"/> <span style="color: brown;">■</span> Letter hunt	10 <input type="checkbox"/> <span style="color: purple;">■</span> Shape sorting	11 <input type="checkbox"/> <span style="color: orange;">■</span> Collage making
12 <input type="checkbox"/> <span style="color: green;">■</span> Water plants	13 <input type="checkbox"/> <span style="color: green;">■</span> Texture walk	14 <input type="checkbox"/> <span style="color: blue;">■</span> Ball toss game	15 <input type="checkbox"/> <span style="color: brown;">■</span> Story telling	16 <input type="checkbox"/> <span style="color: purple;">■</span> Measure with cups	17 <input type="checkbox"/> <span style="color: orange;">■</span> Build with boxes	18 <input type="checkbox"/> <span style="color: green;">■</span> Fold towels
19 <input type="checkbox"/> <span style="color: green;">■</span> Scented jars	20 <input type="checkbox"/> <span style="color: blue;">■</span> Obstacle course	21 <input type="checkbox"/> <span style="color: brown;">■</span> Rhyming game	22 <input type="checkbox"/> <span style="color: purple;">■</span> Pattern blocks	23 <input type="checkbox"/> <span style="color: orange;">■</span> Nature art	24 <input type="checkbox"/> <span style="color: green;">■</span> Sort laundry	25 <input type="checkbox"/> <span style="color: green;">■</span> Ice cube play
26 <input type="checkbox"/> <span style="color: blue;">■</span> Dance party	27 <input type="checkbox"/> <span style="color: brown;">■</span> Name writing	28 <input type="checkbox"/> <span style="color: purple;">■</span> Counting walk	29 <input type="checkbox"/> <span style="color: orange;">■</span> Play dough	30 <input type="checkbox"/> <span style="color: green;">■</span> Make a snack		