

■ 10 Fun Digital Detox Games for Kids

Quick, easy & full of laughter — no screens needed!

■ Balloon Keep-Up Keep the balloon in the air. Use hands, knees, or even your head!	■ Freeze Dance Dance to music, then freeze when it stops. Silliest freeze wins!
■ Sock Basketball Throw rolled-up socks into a basket. Score from different spots.	■ Animal Charades Act like an animal without speaking. Others guess what it is.
✂ ■ Paper Airplane Contest Make paper planes. Compete for longest flight or funniest design.	■ 20-Second Challenges Jumping jacks, balance on one leg, or spin 10 times — go!
■ Human Knot Hold hands in a circle, then untangle without letting go.	■ Mirror Game Copy your partner's moves like a mirror. Switch after 1 minute.
■ Scavenger Dash Find something red, round, or shiny — fastest kid wins!	■ Silly Walk Parade Walk across the room in the funniest way you can imagine.

■ Play anytime, anywhere. Healthy breaks. Happy kids! ■