



38 THINGS TO DO INSTEAD OF TV

1

Go for a walk

2

Go for ice cream

3

Read a book

4

Board games

5

Puzzles

6

Meal planning

7

Pack your lunchbox

8

Plan your outfits

9

Capsule wardrobe



SEE THE FULL
POST ON THE BLOG

10

Go fly a kite

11

Journal

12

Vision board

13

Start a Blog

14

Phone a friend

15

Make homemade cards

16

Take a class

17

New hobby online

18

Yoga



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**BLOG POST TITLE:
THE NO TV
CHALLENGE**

19

Meditate

20

Geek out

21

Garden

22

Compost pile

23

Help neighbors

24

Go on a date

25


Self-care

26

Hike

27

Go to the beach



READ THE FULL
POST FOR MORE
INFORMATION!

28

Visit a waterfall

29

Cat cafe

30

Garden

31

Hang at the library

32

Sudoku

33

House clean

34

Spring clean

35

Scrapabook

36

Paddle board



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REPLACE TV WITH
MINDFUL ACTIVITIES

37

Bake cookies

38

Bubble bath

Your ideas?

**IT'S NOT ABOUT TIME
WITHOUT TV, ITS ABOUT
WHAT YOU DO WITH YOUR
TIME WITHOUT TV!**