FINDING WORTHWHILE ALTERNATIVES

36 Replacement Activities

36 things to do instead of scrolling. Pick by your energy and who's with you.
Print it for the fridge.

STEP 1 · START HERE

Find the row for your energy and the column for who's with you. Pick one.

When the phone urge hits, find the row for your energy and the column for who's with you. Pick one. Print this for the fridge.

Low energy · You're tired

Just me (5–15 min)

- Read one chapter of a physical book.
- Write three things you are grateful for on paper.
- Pray through a written prayer or a psalm.
  Or: Sit somewhere quiet for five minutes with no screen.
- Stretch, or take five slow minutes of deep breathing.

With kids (10–30 min)

- Read a picture book aloud together.
- Do a simple puzzle or coloring page side by side.
- Play "20 Questions" or "Would You Rather."
- Build something simple with blocks or LEGO.

With your spouse or partner (15–60 min)

- Sit outside together and talk about your day.
- Listen to a worship playlist together with the lights low.
  Or: Listen to a calm playlist together with the lights low.
- Trade a five-minute hand or shoulder rub.
- Read the same book and talk about one chapter.

Some energy · You can move

Just me (5–15 min)

- Walk around the block once, no headphones.
- Organize one drawer, shelf, or counter.
- Write a handwritten note to someone.
- Spend 15 minutes on a hobby: an instrument, sketching, or the garden.

With kids (10–30 min)

- Play catch, kick a ball, or shoot hoops.
- Bake cookies or make a snack together.
- Do a simple kitchen science experiment.
- Go on a nature scavenger hunt in the yard.

With your spouse or partner (15–60 min)

- Cook a simple meal together from scratch.
- Take a walk around the neighborhood together.
- Play a card game or board game.
- Plan your next date night or weekend outing.

Ready to go · You want to get out

Just me (5–15 min)

- Run, bike, or do a short bodyweight workout.
- Deep-clean one room or area of the house.
- Prep meals for the week ahead.
- Work on a personal project with clear progress.

With kids (10–30 min)

- Go to a park, trail, or playground.
- Have a dance party in the living room.
- Teach them a skill: cooking, using a tool, or sewing.
- Build a fort, have a pillow fight, or play pretend.

With your spouse or partner (15–60 min)

- Work on a home project together.
- Work out together.
- Drive somewhere new and explore.
- Serve together: bring a meal or do yard work for a neighbor.

Every few weeks, swap two easy activities for slightly bigger ones. The list grows with you.

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