

# Screen Free Week - 7 Day Screen Free Challenge with Easy Board Games

## Day 1: The Kitchen Table Kick-off

*Goal: Play a game that fits in a small box while dinner is cooking.*

- **Ages 3-5:** *Animal Upon Animal (Small Box version) or Haba's My Very First Games: First Orchard.*
- **Ages 6-9:** *Sushi Go! or Dobble (Spot It!).*
- **Ages 10-13:** *Love Letter, Sprawlopolis or Exploding Kittens.*
- **Teens:** *The Mind or Hive Pocket.*

## Day 2: Teamwork Tuesday

*Goal: Play a cooperative game where everyone wins (or loses) together.*

- **Ages 3-5:** *Outfoxed! or Feed the Woozle.*
- **Ages 6-9:** *Ghost Fightin' Treasure Hunters or Forbidden Island, or Just One.*
- **Ages 10-13:** *Hanabi, or 5-Minute Dungeon.*
- **Teens:** *Flow, Codenames or Scream*

**Explore articles**

## Day 3: The "No-Manual" Night

*Goal: Choose a game so simple you can explain the rules in 30 seconds.*

- **Ages 3-5:** *Snug as a Bug in a Rug or Build a Robot.*
- **Ages 6-9:** *Genius Square, Taco Cat Goat Cheese Pizza or Connect 4.*
- **Ages 10-13:** *Just One, Zombie Dice or Uno Flip.*
- **Teens:** *Flip 7, Tacta, or Boggle.*

## Day 4: Wednesday Win

*Goal: A game for the "Witching Hour" to reset everyone's mood.*

- **Ages 3-5:** *Zingo! or Snail's Pace Race.*
- **Ages 6-9:** *Sleeping Queen, Couch Kittens, or Dragomino.*
- **Ages 10-13:** *Monopoly Deal, Similo, or Splendor.*
- **Teens:** *Flip 7, Uno Show Em No Mercy (It Really is Ruthless thou), or Abduktion.*

## Day 5: Tactile Thursday

*Goal: Choose a game with fun pieces (wood, cards, or dice) for a sensory break.*

- **Ages 3-5:** *Cootie, Zingo, Don't Spill the Beans, Don't Break the Ice.*

- **Ages 6-9:** *Genius Square, Mouse Trap, Kerplunk, Jenga*
- **Ages 10-13:** *A Gentle Rain, Splendor or Mountain Goats.*
- **Teens:** *Azul or Harmonies*

## **Day 6: Animal/Cartoon Friday**

*Goal: Pick a game based on your child's favorite hobby, cartoon or animal.*

- **Ages 3-5:** *Sequence for Kids, The Sneaky, Snacky Squirrel Game or Count Your Chickens.*
- **Ages 6-9:** *Sorry – Villians, Calico or Exploding Kittens.*
- **Ages 10-13:** *Forest Shuffle, Harry Potter Clue, Wingspan (40+ mins) or Zombie Dice.*
- **Teens:** *Boop, Cascadia,*
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## **Day 7: The Grand Finale**

*Goal: Let the kids pick their favorite game from the week for a "Rematch."*

- **The Benefit:** Allowing the kids to choose gives them agency and solidifies the habit of turning to games instead of gadgets.

## **Supporting Screen-Free Week**

We are proud to support **Screen-Free Week** in their mission to help families unplug and reconnect. Check out these articles for further ideas

- [How to Limit Screen Time – Tweens and Teens](#)
- [How to Sharing and Teach Turn Taking](#)
- [Develop Social Skills and Fine Motor Skills](#)
- [Cooperative Games](#) – to stop the fighting
- [Best Family Games](#)
- [Easy Dice Games](#)
- [Games for Shy or Introverted Kids](#)