

# 31 Things to Do Instead of Watching T.V.

- Add photos to a scrapbook.
- Research something.
- Take a walk.
- Organize a shelf or a drawer.
- Read a magazine.
- Sit on your porch & think.
- Hang a picture.
- Read the Bible.
- Play cards.
- Rollerskate.
- Bake cookies.
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- Ride a bike.
- Write a note to a friend.
- Paint.
- Play a boardgame with your kids.
- Talk to someone.
- Clean the kitchen.
- Take a shower.
- Do situps.
- Plant something.
- Meditate.
- Mail a postcard.
- Take a nap. zzz
- Do stretching exercises.
- Organize the photos on your computer.
- Clean the fridge.
- Knit a scarf.