Screen-Free Week Activity Planner

Seven days of printable fun for ages 3-8 — one theme a day, 20 to 30 minutes a day, zero screens.

How to use this planner

Print one day at a time. Pick the worksheet type that matches the day's theme from your Kids Learning & Activity Vault. Sit with your child for the first five minutes, then let them work alone. Finish each day by asking one question: what was the hardest part, and what was the most fun?

The 7-day plan

Day	Theme	What to print	Minutes
Monday	Letter Day	Alphabet & phonics: letter tracing and beginning sounds	20
Tuesday	Number Day	Math: counting, number formation, simple addition	20
Wednesday	Maze Day	Mazes & puzzles: one labyrinth and one spot-the-difference	25
Thursday	Coloring Day	Coloring: one color-by-number and one free coloring scene	25
Friday	Nature Day	Science & nature: plant parts or the water cycle	20
Saturday	Memory Day	Matching & memory: animal pairs and shadow matching	20
Sunday	Free Choice	Seasonal activities: let your child pick any page they like	30

Five rules that make it work

1. Short beats long. Twenty focused minutes beat an hour of forced sitting. Stop while it is still fun.

2. One page, one win. Let your child finish a page and show it off. Small wins build the habit.

3. Mix easy and hard. Start each day with a page your child can already do, then add one stretch page.

4. Keep the tools ready. Pencils, crayons, and printed pages in one box. If setup takes five minutes, the habit dies.

5. Repeat the week. Run the same seven themes next week with harder pages. Repetition is where learning sticks.

Weekly tracker

Check off each day you finish. Four days out of seven is a good first week. Seven out of seven is a great second week.

Mon	Tue	Wed	Thu	Fri	Sat	Sun
■	■	■	■	■	■	■

Made to go with the Kids Learning & Activity Vault (400 printable worksheets, ages 3-8). This planner is an original Pickzox bonus — free to print and share with your own family or classroom.