

**MY TOP THREE
SCREEN FREE IDEAS
TO KEEP YOUR
KIDS BUSY
SO YOU CAN GET
WORK DONE!**

ages
3-13

Whether it is making personal calls,
client calls or enjoying
a cup of tea while it is still hot,
mamas need a break,
a distraction,
an engaging kid friendly activity,
SOMETHING
to find a few minutes for ourselves
to handle our lives & get stuff done.

THESE are my TOP THREE screen free OPTIONS.





Here they are!

#1. Create cards for friends and family

#2. Make a simple snack

#3. Create an obstacle course

Keep reading for

- a fourth (BONUS!) option
- quick techniques to set yourself up for success
- what they will learn while not bugging you
- examples of how these activities look in our home

When given one or a few options and kids choose "None, Maaaom!" maybe they are choosing to

#4 Be Bored

That doesn't mean kids get to default to a screen (or whining). It means they were offered options & (gasp) can be bored.

Our fast tech culture has made boredom so rare while studies show how much the developing brain benefits from being bored.

This is my reminder that it is not your job to entertain your child. It serves them well to learn how to entertain themselves.

It serves them well to see you prosper & thrive while engaging your interests and passions. Are you ready to raise your income while also raising your kids, not missing the special moments + having the resources to create even more of them? Set them up with one of these activities and call me.

SCHEDULE YOUR WAY TO \$5K CALL

#1 Create Cards for Friends and Family

Draw, cut, paint, use stickers, card stock, printables, or construction paper to create cards for friends, family, and thank people for their gifts to us and the world.

Technique

Super simple stationary shoebox system. Stash some stationary supplies in a box, it doesn't have to be a shoebox but that made for a sweet alliteration, didn't it? .

Littles will enjoy stampers, printables, water colours, and stickers.

Older kids might like color pencils, stencils, finding synonyms for thanks, practicing their cursive, or copying an example envelope to address (and accessorize) their artwork.

To keep ideas flowing, tape a list to the lid of birthdays, holidays, and people you want to celebrate or thank.

Teaching Touchpoints

A woman with dark hair, wearing a black top, is sitting at a light-colored desk. She is looking down at a piece of paper in front of her. To her right is a laptop. On the desk, there is a blue cup holding several colored pens and pencils. The background is a plain, light-colored wall.

- consider others
- art techniques
- build a gratitude practice
- address an envelope
- generosity
- diversity & world religions
- personal creativity
- hand eye coordination
- clean up & care for supplies
- organization

in our home

My super sassy son recently sent a thank you card to Willow Smith for whipping her hair back and forth.

He really loves that song.

This is a generally quiet and focused activity. We can work side by side, creating great habits and a calm environment. I am able to focus on my writing, crank out content, prepare for a class, and even make quick phone calls.

#2 Make a Simple snack or lunch & clean up

Invite them (not you) to make a simple snack or their own lunch.

Maybe even lunch for someone else (ahem... mama)

Cleaning up is a part of using the kitchen and a valuable skill to learn.

A young girl with curly hair is smiling and looking down at a tablet device she is holding. The background is a bright, slightly blurred indoor setting.

Technique

Kids are almost always up for a snack or trying out grown up stuff like making food.

Simple snacks younger kids can make on their own are mostly mixing, mashing, or stacking.

Littles enjoy the stacking and matching of skewering cut fruit or soft veggies into kabobs.

Potential food waste or possible destruction of the kitchen by older kids can be curbed by setting out limited options in a specific area. They will stay in their assigned area to avoid additional cleaning. eyeroll & accurate

Teaching Touchpoints

- prepare their own food
- kitchen clean up
- kitchen skills
- math and measuring
- self sufficiency
- make healthy choices
- hand eye coordination
- matching and mixing

in our home

My twelve year old is a better baker than I am & I don't feel bad about that at all.

Everything tastes better when you don't have to make it yourself. Warm homemade bread, gluten free crackers, and my personal favorite strawberry rhubarb pie are the rewards of me encouraging a very reluctant cook that now kicks me out of the kitchen.

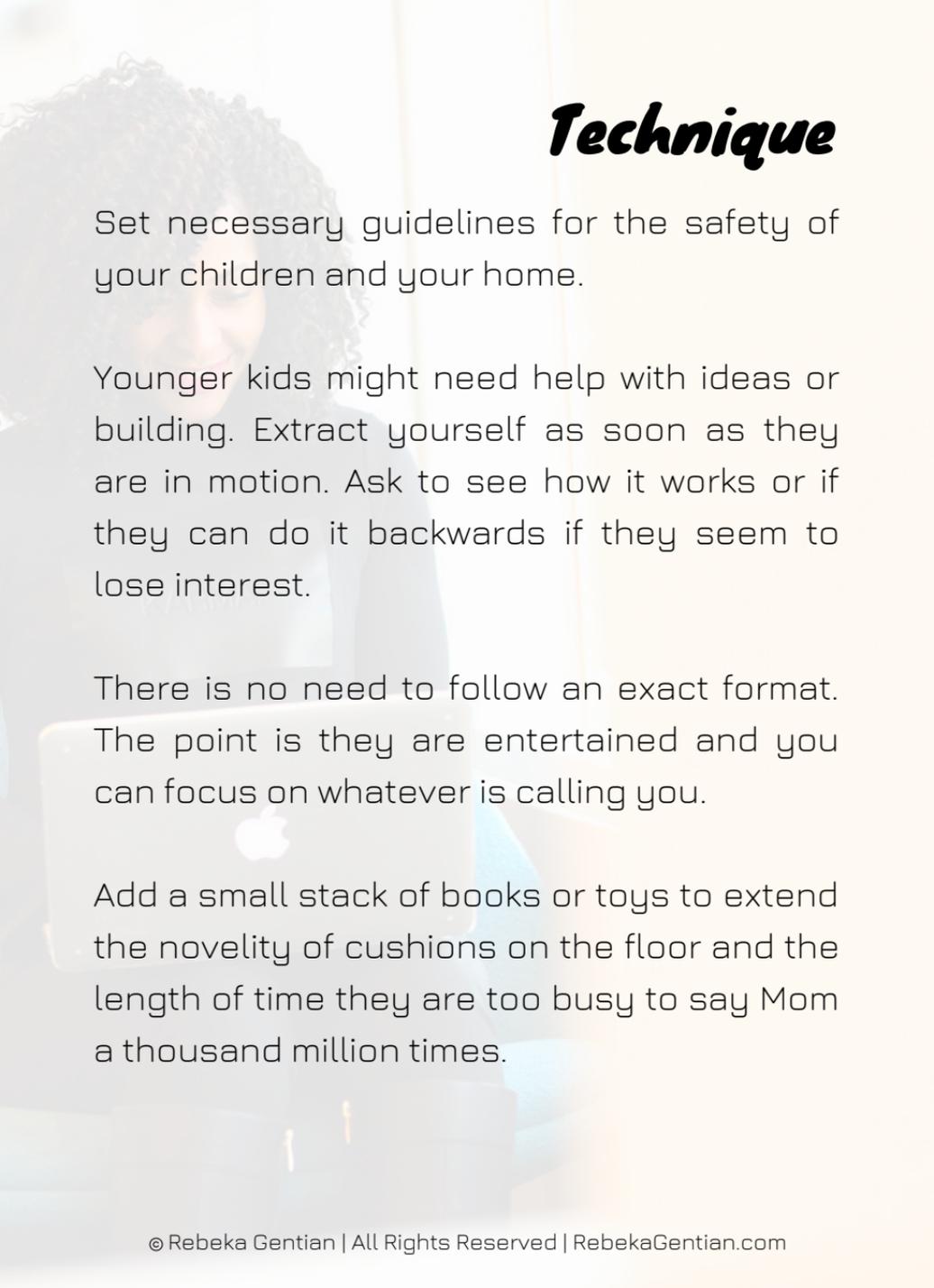
Thanks to the focus (and chewing) of this activity, I can record audio, FB or IG Lives, and make quick phone calls. I can write, edit, journal, create IG stories or catch up on emails while near my little.

Maybe I can even get a snack. 🤪

#3 *Obstacle course*

I have yet to meet a child who is not charmed by a couch cushion on the floor.

They can design and create a course by themselves to utilize their bodies + engage their imagination.

A woman with curly hair is looking at a laptop screen. The image is faded and serves as a background for the text.

Technique

Set necessary guidelines for the safety of your children and your home.

Younger kids might need help with ideas or building. Extract yourself as soon as they are in motion. Ask to see how it works or if they can do it backwards if they seem to lose interest.

There is no need to follow an exact format. The point is they are entertained and you can focus on whatever is calling you.

Add a small stack of books or toys to extend the novelty of cushions on the floor and the length of time they are too busy to say Mom a thousand million times.

Teaching Touchpoints

- child led design
- use their body in different ways
- modeling & demonstration
- not an exact formula, creativity and imagination are welcome here
- engage in somatic behaviours
- engineering
- clean up & personal responsibility
- problem solving



in our home

My kiddos find the challenge in hopping or holding their hands in the air or using their bodies in a different way each additional time around.

This activity can get loud, especially with more than one kiddo in the mix. I stick to emails, texts, scheduling out my To-Do list, and wrapping up loose ends. Sometimes I take a lap around the obstacle course and remember how fun it is to figure out new things.

If you have a neurodivergent child and require other options please email hello@rebekagentian.com

Rebeka Gentian is a productivity coach + business mentor supporting mamas to raise their family and raise their income at the same time because mamas having more money will transform a world in need.

Rebeka lives in the lush + caffeinated pacific northwest with her two children, their dog Greta and calico cat Maple Joy.

Rebeka helps mamas move from feeling overwhelmed and depleted by the idea of endless business growth into the feminine principal of Enough, to create their unique vision, generational wealth, give generously, enjoy more family time, and create memories in the short time our kids are in our homes.

What would an addition \$5k add to your month? What would it add to your life?

SCHEDULE YOUR WAY TO \$5K CALL
calendly.com/rebekagentian