

# CAPITAL INSURANCE AGENCY OF WISCONSIN

The leaves are changing colors, the air is crisp and the days are getting shorter. That, plus the arrival of pumpkin spice flavored everything, means fall has arrived!

Your kids may have started school again. But there's still plenty of time to have some fun outdoors before winter weather rolls in. Looking to keep your kids active and away from their electronics as the seasons change?

Here are 21 screen-free activities you can enjoy together:

## 21 GREAT IDEAS FOR SCREEN-FREE FALL FUN

1. Play in a pile of leaves. Rake up a pile as tall as you can, then watch your children get hours of enjoyment out of the fallen foliage.
2. Carve a pumpkin. Whether you're going for the classic jack-o-lantern look, or a unique design of your own, pumpkin carving lets your whole family express their creative side. Be sure to light it up with a candle afterwards for proud display on the front porch.
3. Go on a nature hike. Experience the beauty of nature and the fall foliage as you navigate a trail at your local park or explore new parts of your neighborhood.
4. Take a family bike ride. Fall weather can make for a great time to go on a bike ride. Grab a light jacket and pedal along the sidewalks of your neighborhood or hit a local trail. Pick apples at an orchard. Food tastes better when it's fresh from the farm. Find a local orchard to pick your own apples, then let your kids help make a homemade apple pie. And don't forget the fresh cider!
5. Jump in a puddle. Rain, rain won't go away? Let your kids put on a poncho and boots to splash around.
6. Start a pickup game. Whether it's soccer, basketball or flag football, get the family together for some friendly competition in your backyard.
7. Attend a football game. Cheer on your local high school, college or professional team in the stands, and take some hot dogs and hamburgers for tailgating before kickoff.
8. Camp out under the stars. Grab your sleeping bags, pitch a tent and have a slumber party outside.
9. Have a bonfire. Warm up by sitting around the flames on a cool fall night. After all, kids and adults alike can get behind the idea of roasting marshmallows and eating s'mores.
10. Go on a scavenger hunt. Print off a scavenger hunt list online or create your own inventory of things your kids can find in nature. Then, let them go exploring.
11. Navigate a corn maze. Visit a local farm and find your way through the field from start to finish. But don't get lost!
12. Fly a kite. Pick up a kite from the store or make your own. Then, help your kids release it into the crisp fall air in a park or your backyard.

13. Take a trip to the mountains. Maybe it's time for a quick weekend retreat. See the changing colors firsthand by renting a cabin for a short a family getaway.
14. Go to the zoo. Get up close with the lions, tigers and bears. Find out if your local zoo has a Halloween event where your kids can dress up, go trick-or-treating and see the animals all at once.
15. Have a picnic. Enjoy one of these fun family dinner ideas while taking a meal to your backyard or a local park.
16. Snap some family photos. Allow your kids to show off their smiles or silliness as you pose for the camera in a fall photoshoot. .
17. Take a scenic drive. Load your kids in the car for some beautiful views along your favorite back roads. Grab some hot chocolate along the way!
18. Visit a playground. The local park isn't reserved for summer fun. Encourage your kids to dress in layers, and encourage them to release some pent-up energy.
19. Have a sack race. Gather your family and some neighborhood friends for a friendly hop to the finish line. Or break into teams for a relay race.
20. Decorate for Halloween. Put together a display in your front yard. Let your kids help while displaying carved jack-o-lanterns on your deck or hanging orange lights around your house.
21. Pick flowers. Find some fall flowers, like mums, that you can harvest and display in a vase. Or plant some bulbs to get ready for spring.