

Finding New Hobbies & Activities to Replace Gaming & Screen Time

Introduction

Gaming and screen time has been your child's go-to activity for entertainment, stress relief, social connection, and more. This creates a significant void when reducing screen time. This worksheet helps identify and develop meaningful alternative activities that fulfill similar needs while building real-world skills and connections.

How to Use This Worksheet

- Watch the accompanying video lesson on [Replace Gaming and Screen Time with THESE](#) for context and guidance
- Complete Gaming Preferences to understand underlying needs
- Explore activities across all four categories
- Select 1-2 initial activities to try
- Keep exploring until you find activities that click.
- Review and adjust weekly
- Want personal guidance through our expert coaching? Contact our team at [\(213\) 460-3059](#) or cam@gamequitters.com

Understanding Gaming & Screen Time Preferences

What types of games do they enjoy most?

- Competitive games
- Role-playing games
- Strategy games
- Social/multiplayer games
- Story-based games
- Other: _____

What needs does gaming and screen time fulfill? (Check all that apply)

- Social connection
- Achievement/Progress
- Stress relief
- Entertainment
- Challenge/Competition
- Escape
- Other: _____

The Four Types of Activities

1. Mentally Engaging Activities

Activities that provide challenge and growth

Activity Idea	Matches Gaming Need	Ease to Start (1-5)	Interest Level (1-5)

2. Relaxing Activities

Activities for stress relief and unwinding

Activity Idea	Matches Gaming Need	Ease to Start (1-5)	Interest Level (1-5)

3. Social Activities

Activities for connection and interaction

Activity Idea	Matches Gaming Need	Ease to Start (1-5)	Interest Level (1-5)

4. Productive Activities

Activities that build real-world skills and responsibility

Activity Idea	Matches Gaming Need	Ease to Start (1-5)	Interest Level (1-5)

Rediscovering Past Interests

Before gaming and screens became dominant:

Favorite childhood activities: _____

Sports they enjoyed: _____

Creative interests: _____

Family activities: _____

Family Activities to Try Together

Weekly Activities:

Activity	Day/Time	Who's Involved	Materials Needed

Monthly Activities:

Activity	Planned Date	Who's Involved	Preparation Needed

Healthy Zone Activities

Rate current satisfaction (1-5) and list potential activities for each area:

Life Area	Current Rating	Activities to Try
Physical Health		
Mental Health		
Social Life		
Family Life		
Education / Career		
Dating Life		
Finances		
Fun & Hobbies		

Time-Based Activity Planning

Morning Activities:

Instead of gaming/screen time, I could: _____

After School/Work Activities:

Instead of gaming/screen time, I could: _____

Evening Activities:

Instead of gaming/screen time, I could: _____

Weekend Activities:

Instead of gaming/screen time, I could: _____

Quick Reference Activity List

When I'm...

Bored: _____

Stressed: _____

Want to socialize: _____

Need to feel accomplished: _____

Have extra energy: _____

Need to relax: _____

70+ Hobby Ideas

My Top Picks + Easy to Start Hobbies

This list contains activities that are easy to start or my favorites:

Cam's Favorites:

- Yoga
- Weightlifting
- Getting a Job
- Music Production
- Cooking
- Improv
- Programming
- Meditation
- Podcasts

Easy to Start

- Gym
- Running
- Reading
- New Language
- Cooking
- Coding
- Photography
- Copywriting
- Drawing

Active Hobbies

This list contains activities that are good for being active and moving your body:

- Yoga
- Weightlifting
- Running
- Rock Climbing
- Martial Arts
- Mountain Biking
- Exercising
- Camping
- Hiking
- Airsoft/Paintball
- Spin Classes
- Group Fitness Classes
- Krav Maga
- Meetups
- Recreational League
- Geocaching
- Amusement Parks
- Dance Class/Salsa
- Volunteering
- Adventure Races
- Fishing
- Gardening
- Mechanic
- Wilderness Training
- Skiing/Snowboarding
- Skateboarding
- Calisthenics

Achievement Hobbies

This list contains activities that provide a sense of progress:

- Drawing
- Photography
- Graphic Design
- Music Production
- Weightlifting
- Rock Climbing
- Martial Arts
- New Language
- Public Speaking
- Getting a Job
- Camping
- Hiking
- Traveling
- Road Trips
- New Instrument
- Spin Classes
- Group Fitness Classes
- DJing
- Flipping
- Running
- Online Courses
- Geocaching
- Cooking
- Exercising
- Dance Class/Salsa
- Adventure Races
- Freelancing
- Yoga
- Copywriting
- Coding
- Gardening
- Mountain Biking
- Contact Juggling
- Painting
- Magic Tricks
- Billiards
- DIY Home Projects
- Crafting/Origami
- Board Games
- Fishing

Relaxing Hobbies

This list contains activities that are good to de-stress or do at home:

- Yoga
- Reading
- New Language
- New Instrument
- Camping
- Hiking
- Traveling
- Road Trips
- Visiting Museums
- DJing
- Music Production
- Cooking
- Volunteering
- Singing
- Fishing
- Drawing
- Photography
- Gardening
- Contact Juggling
- Painting
- Magic Tricks
- Coding
- Crafting/Origami
- Writing/Spoken Word
- Board Games
- Meditation
- Podcasts
- Collecting
- Beer Brewing
- Astronomy
- Graphic Design
- Make Cocktails
- Jewelry
- Making Fabric Arts
- Lego Building
- Listen to Music
- Darts
- Rubix Cube/Puzzles
- Pets

Social Hobbies

This list contains activities that will help you make more friends:

- Rock Climbing
- Martial Arts
- Public Speaking
- New Language
- Getting a Job
- Hiking
- Airsoft/Paintball
- Spin Classes
- Group Fitness Classes
- Krav Maga
- Recreational League
- Events/Meetups
- Geocaching
- Starting a Club
- Cooking Class
- Dance Class/Salsa
- Volunteering
- Improv
- Billiards
- Wilderness Training
- Skiing/Snowboarding

Creative Hobbies

This list contains activities that will help you be more creative:

- Coding
- New Language
- New Instrument
- Traveling
- DJing
- Music Production
- Cooking
- Dance Class/Salsa
- Singing
- Improv
- Freelancing
- Copywriting
- Photography
- Drawing
- Graphic Design
- Gardening
- Contact Juggling
- Painting
- Magic Tricks
- DIY Home Projects
- Crafting/Origami
- Interior Design
- Woodworking
- Writing/Spoken Word
- Make Cocktails
- Jewelry
- Making Fabric Arts
- Flipping
- Lego Building
- Rubix Cube/Puzzles
- Skateboarding
- Lock Picking
- Yoga

Join Reclaim Family Coaching Program

At Game Quitters we draw on the latest scientific research on gaming addiction, years of experience supporting gamers and their families, and our lived experiences overcoming these issues to support you. You are not alone and we know how to get your gamer back on track in their life.

Our coaching program takes a comprehensive holistic approach to addressing gaming addiction from all angles, providing the best chance for a sustainable change in your gamer's life. The program is built for gamers, by gamers, and works for parents of gamers of any age.

Through the program your gamer will go from denial and not ready to change, to acceptance and ready to change, to taking action and making a change, to sustaining a long-term transformation.

We are very successful at this process. More than 90% of gamers agree to start working with us after only 2-3 weeks of parents working through the program, even if they are currently angry, withdrawn or hostile to the idea.

Our program will guide you through each specific step, so all you need to do is trust the process, and take action when we ask you to.

Soon, your gamer will be focusing on their studies, exercising, working and earning a living, getting out of the house, hanging out with friends in person, having a better attitude and pursuing their independence. They will be more motivated and engaged in life. Your family will be a family again.

[**Click here to book a Gameplan Strategy Call Now**](#)

[**Click here to see reviews of the program**](#)

About Cam Adair

Cam Adair is an international speaker, entrepreneur, and pioneer on video game addiction. He is the founder of Game Quitters, the world's largest support community for video game addiction, serving 75,000 members in 95 countries.



A talented hockey player, Cam's life took a dramatic turn at the age of 11 when he began to experience intense bullying, leading him to drop-out of high school. He never graduated, and while all of his friends were off to college, Cam was playing video games up to 16 hours a day. Struggling with depression he got to the point of writing a suicide note, and it was this night when he made a commitment to change.

Named one of Canada's top 150 leaders in Mental Health, his work has been published in Psychiatry Research, and featured in two TEDx talks, Forbes, BBC, the New York Times, NPR, CNN, and ABC 20/20, amongst others. His videos on YouTube have over three million views.

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