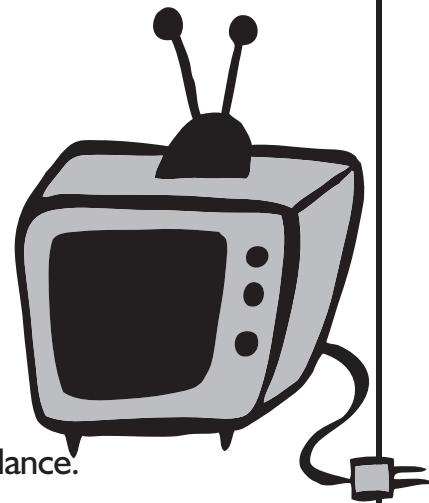


# Unplugged!

Life is a lot more fun when you join in!  
Try some of these "unplugged" activities  
instead of watching TV.

Life is a lot more fun when you join in! Try these activities  
instead of watching TV.

- Take a walk.
- Ride a bike.
- Go on a nature hike.
- Put together a jigsaw puzzle.
- Go camping (even if it's just in the backyard).
- Go to a school sporting event.
- Play a board game.
- Read a book.
- Play outside.
- Turn on the music and dance.
- Start a journal.



**Useful Web Pages:**  
[www.turnoffyourtv.com](http://www.turnoffyourtv.com)  
[www.screentime.org](http://www.screentime.org)  
[www.cmch.tv](http://www.cmch.tv)

## INTERESTING FACTS ABOUT TV

- Number of minutes per week that parents spend in meaningful conversation with their children: 38.5
- Number of minutes per week that the average child watches television: 1,680
- Number of 30-second commercials seen in a year by an average child: 20,000
- Percentage of children ages 6-17 who have TVs in their bedrooms: 50%
- Percentage of childcare centers that use TV during a typical day: 70%
- Hours per year the average American youth spends in school: 900 hours
- Hours per year the average American youth watches television: 1500 hours
- Percentage of Americans that regularly watch television while eating dinner: 66%

— [www.turnoffyourtv.com](http://www.turnoffyourtv.com)

