

National Screen-Free Week

Screen-Free Week (formerly *TV Turn-Off Week*) — the annual national celebration where children, families, schools, and communities turn off TV, video games, computers, and hand-held devices and turn on life. Instead of relying on screens for entertainment, they play, read, daydream, explore nature, and enjoy spending time with family and friends. This event is presented by the Campaign for a Commercial Free Childhood, and endorsed by many organizations, including American Public Health Association, the National Head Start Association, KaBOOM!, the National Coalition for Promoting Physical Activity and the US Play Coalition.



The next Screen-Free Week
is coming up...
April 30 - May 6, 2012
Put it on your calendar now!

Get ready for national Screen-Free Week, by limiting recreational screen time to two hours or less daily and by turning on the fun! Visit www.screenfree.org for more information and some great resources.

Life is a lot more fund when you join in! Think about creative ways to appeal to your “community” and make it easier for kids to resist turning on that screen! Here are some ideas to start with:

- Organize a group walk.
- Hold a bike parade.
- Plan a nature hike or scavenger hunt.
- Invite families to participate in a field day.
- Host a game night — have everyone bring their favorite game or puzzle to share.
- Hold regular story times.
- Organize a family dance.
- Visit www.screenfree.org for more great ideas!



www.lets-go.org