

Play More, Watch Less National Screen-Free Week: May 1-7, 2017

Screen-Free Week is an annual celebration of the magic of being unplugged. During this week, parents, children, teachers and others across the country turn off screen media — including TVs, video games, computers, tablets, e-readers, cellphones and smartphones — and get in touch with being unplugged. **Below are some screen-free activity ideas!**

Home

- Make a fort out of blankets, pillows and chairs
- Write a creative story
- Make a craft
- Clean your room or help your parents around the house
- Make a list of things you like about yourself

Outdoors

- Plan a picnic for your family
- Set up a lemonade stand
- Watch a sunrise or sunset
- Climb a tree
- Plant a flower in a pot, water it daily

Around Town (with an adult)

- Visit the library and check out a new book
- Go to a museum
- Visit a zoo or local farm
- Go to a farmers market
- Attend a sporting event or game

With Friends

- Write a script, act out a play
- Play a game of hide-and-seek or capture the flag
- Have a play date or slumber party!
- Make your own musical instruments and start a band
- Play dress-up with old costumes or clothes

With Family

- Help cook dinner
- Take a nature hike
- Go for a bike ride around the neighborhood
- Take family pictures
- Play board games or cards
- Have a talent show. Each member of the family performs
- Have a family sports game—kickball, whiffle ball, tag, etc.



Play More, Watch Less Activity Log

Write down or draw a picture of each activity you do without a screen this week. Get to five activities and celebrate! You've reached the goal!



Activity 5:
Hooray, you've reached the goal!

Activity 4:

Activity 3:

Activity 2:

Activity 1: