

Participate in

NATIONAL **SCREEN-FREE** **WEEK**

Visit
www.screenfree.org
for more information
and great resources.

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

Life is a lot more fun when you join in!

Get ready for national Screen-Free Week by planning fun ways for you and your community 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.



MaineHealth

LET'S GO!

5-2-1-0