

Inspire Families to Participate in

# NATIONAL SCREEN-FREE WEEK



**Screen-Free Week is seven days every May when kids, families, and communities around the world unplug from digital entertainment and rediscover the joys of life beyond the screen.**

The Saco, Maine School Department, with help from Let's Go! York County, inspired students and families to participate in National Screen-Free Week using the following steps. Your program can follow these same steps to inspire kids and families to participate in National Screen-Free Week!

### Far in advance:

- Apply for grant funding to purchase materials for a "Screen-Free Week Survival Kit." Kits may contain things like a set of Fitness Dice, daily activity log sheets, small incentive prizes, and Achievement Certificates which each student receives at week's end.

### Couple weeks before:

- Send home a letter telling parents that their child's program will be participating in Screen-Free week and encouraging families to take part as well.

### The week before:

- Brief staff on the plans for Screen-Free Week.
- Hang Screen-Free Week posters throughout the program space.

### Tips for success from Karen MacKenzie, Fairfield Elementary School 5-2-1-0 Champion:

- Have staff use a common message to help get students and families on board, such as "Turn off the TV and turn on \_\_\_\_\_ (life, books, creativity, fun, etc.)!"
- Reference Screen-Free Week in newsletters, e-mails, web pages, etc. Talk it up in many ways!
- Remind kids daily that this is a special week and a special challenge.
- Bring in fresh new activities and games for movement breaks.
- Motivate students to participate with small prizes

MaineHealth

**LET'S GO!**

**5-2-1-0**