

screen-free week



APRIL 29 - MAY 5, 2013

You are invited to join in Screen-Free Week, the annual celebration where families, schools and communities all across the country turn off entertainment screen media (TV, video games, computer games, apps, etc.) and turn on life! **It's 7 days to unplug and read, play, daydream, create, explore nature, and spend more time with family and friends.**

Turn off Screens and Turn on Life!

Where:	Everywhere! Your home, school, library, community center, etc.
Why:	Check out 10 reasons to reduce screen time below. Or go to www.screensmart.ca or www.screenfree.org to find out more!
How:	See <i>101 Screen free activities</i> , print out pledge cards, activity logs, and download posters from http://www.screenfree.org/downloads.htm

[Click here](#) to download a free organizers kit to help organize your own Screen Free week activities!



10 Reasons to Reduce Screen Time

1. Each hour of TV viewing by school age kids is associated with 167 additional calories.
2. Television viewing among infants and children is associated with irregular sleep schedules.
3. Middle school children watching more TV, movies and video games did worse in school than those watching less.
4. Toddler screen time is associated with problems in later childhood including lower school achievement, reduced physical activity, and increased body mass index.
5. Children with 2 or more hours of daily screen time are more likely to have attention span issues including hyperactivity and conduct problems
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6. Adolescents with a television in their bedroom spend more time watching TV and report less physical activity, less healthy dietary habits, worse school performance, and fewer family meals.
7. Children typically witness 10,000 acts of violence on TV each year.
8. Heavy TV watching at age 4 correlates with bullying behavior between ages 6-11.
9. Screen time can be habit forming; the more time children engage with screens, the harder time they have turning them off as older children.
10. Less screen time means more activity and our bodies need movement to be healthy.

[Click here](#) for a Globe and Mail article on Canadian research for less screen time

[Click here](#) for Replacing Screen time with Green Time

[Click here](#) for 30 great ideas for screen free week

A few great ideas for Screen Free Week at your school!

- Let your parent community know why screen-free time is important and invite them to participate!
 - Advertise in your school newsletter!
- Ask children to write or draw about one screen-free activity.
 - Make a class book of screen free ideas and pictures!
- Hang a big list of screen free activities outside your classroom
 - Have students fill out [pledge cards](#) for the week
- Have older students track how many hours they are in front of a screen. Then have them track how many ads they see during that time. Use lessons on page 39 and 40 of [organizers kit](#)
- Have students make morning announcements about what they did instead of watching TV or playing video games the previous evening.
 - Have students keep an activity log (sample on page 51 of [organizers kit](#))
- Take students outside for a mindful nature experience or a fun outdoor game.
 - Read great books together!
 - Celebrate your achievements!

Have a bath - bubbles optional! • Go for a walk • Make a fresh batch of playdough • Put on your favourite music and dance • Draw on my back and I'll guess what you're drawing • Draw with chalk on the pavement • Perform a puppet show • Cut out magazine pictures to make a funny collage • Make a cubby house from blankets • Play a board game • Create an obstacle course • Listen to an audio story • Get threading or try simple sewing • Make a paper chain as long as your house • Play hopscotch or skittles • Make mud pies • Create a magical land • Make a box car or boat, train or plane • Pull weeds or rake leaves • Wash your bike or dolls or the car • Go on a treasure hunt • Bake a cake • Dress up • Read a book • Go for a swim • Play a guessing game • Visit a new park • Make up a game with a blown up balloon • Have a running race or a wheelbarrow race or 3-legged race • Ride your bike or scooter • Make a milkshake or banana split! • Visit the library • Climb a tree • Play a card game or build a house of cards • Play hide and seek • Draw around your body and decorate it • Build a sandcastle • Blow bubbles • Have a picnic in the backyard • Create a crown or superhero mask • Kick a ball • Play shops or restaurants • Take an indoor toy outdoors • Take photos or a video • Do a jigsaw puzzle • childhood101.com

101 Screen-Free Activities

At Home

1. Listen to the radio.
2. Write an article or story.
3. Paint a picture, a mural or a room.
4. Write to the President, your Representative or Senator.
5. Read a book. Read to someone else.
6. Learn to change the oil or a tire on a car. Fix something.
7. Write a letter to a friend or relative.
8. Make cookies, bread or jam and share with a neighbor.
9. Read magazines or newspapers. Swap them with friends.
10. Go through your closets and donate items to Goodwill, the Salvation Army or a local rummage sale. Have a garage sale.
11. Start a diary/journal.
12. Play cards.
13. Make crafts to give as gifts. Try a new craft.
14. Do a crossword puzzle.
15. Save money! Cancel your cable TV!
16. Learn about a different culture. Have an international dinner.
17. Teach a child some of your favorite childhood games.
18. Study sing-language.
19. Write a letter to your favorite author.
20. Cook dinner with friends or family.
21. Make cards for holidays or birthdays.
22. Play chess, bridge or checkers.
23. Play charades.
24. Have a cup of coffee and a conversation.
25. Repair or refinish a piece of furniture.
26. Make a wooden flowerbox.
27. Wake up early and make pancakes.
28. Read a favorite poem.



Outdoors

29. Learn about native trees and flowers in your area.
30. Plan a picnic or barbecue.
31. Go bird watching. Learn the names of local birds.
32. Walk the dog. Wash the dog.
33. Plant a garden. Work in your garden.
34. Take a nature hike.
35. Feed fish or birds.
36. Watch the night sky through binoculars; identify different constellations. Observe the moon.
37. Learn to use a compass.
38. Take photographs and then organize them into an album.
39. Do yard work.



Turn off the TV, and...

40. Go camping.
41. Take an early morning walk.
42. Climb a tree.
43. Watch a sunset; watch the sunrise with a friend.

Around Town

44. Attend a community concert. Listen to a local band.
45. Visit the library. Borrow some books.
46. Visit a local bookstore.
47. Visit the zoo.
48. Visit the countryside or town. Travel by bus or train.
49. Attend a religious service.
50. Walk to work or school.
51. Attend a live sports event.
52. Look for treasures at a yard sale.
53. Try out for a play. Attend a play.
54. Collect recycling and drop it off at a recycling center.
55. Learn to play a musical instrument.
56. Go to a museum.