

ALTERNATIVE ACTIVITIES WHILE TURNING OFF SCREEN TIME

1. Volunteer in a school to teach reading, math, computer skills.
2. Learn to play the guitar or other musical instrument.
3. Attend community concerts or plays.
4. Organize a community clean-up.
5. Put together a puzzle.
6. Attend a high school sporting event.
7. Go ice skating or roller skating.
8. Listen to the radio.
9. Visit the zoo.
10. Paint a picture, a mural or a room.
11. Visit the library or bookstore. Participate in one of their activities.
12. Find out about your area's community center or park's activities.
13. Go swimming. Join a community swim team.



14. Read a book aloud to your younger sister/brother.
 15. Plan a picnic or barbecue.
 16. Go bird watching.
 17. Volunteer for a community organization or charity.
 18. Play with your pet.
 19. Go dancing.
 20. Write a letter to a friend or relative.
 21. Learn to cook.
 22. Plant a flower, vegetable or herb garden.
 23. Read magazines or newspapers.
 24. Train for a 5K race.
 25. Start a neighborhood basketball, soccer, or kickball game.
26. Go camping (even if it's just in the backyard or living room, depending on weather!).
 27. Go fishing.
 28. Go through your closets and clothes. Donate surplus items to DI, Goodwill, the Salvation Army or a local rummage sale.
 29. Start a diary/journal.
 30. Go to a museum.
 31. Take a nature hike. Collect seeds and leaves. Make a collage with the materials you collected.
 32. Play cards.
 33. Start a community exercise group that power walks, runs, or bikes.
 34. Play board games.
 35. Get out the family photo album. Research your family history.
 36. Begin a family project.
 37. Make crafts to give as gifts.
 38. Make a treat for a neighbor or friend.
 39. Make up a story and write it down.
 40. Learn to say simple phrases in a few different languages.
 41. Ask an older family member to tell you a story about his or her childhood. Write about it.
 42. Learn some new riddles or jokes.
 43. Do yardwork for your family or neighbor.
 44. Bake two batches of cookies; one for your family and one for a neighbor.
 45. Watch the night sky through binoculars; identify the different constellations. Observe the moon.
 46. Go to a park with your family or friends.
 47. Walk to school.
 48. Go bowling.
 49. Ride a bike.

**Hayden Peak PTA would like you to join us in celebrating
Turn Off the TV & Screen Free Week
May 1-May 7, 2023**

Turn Off the TV & Screen Free Week is so that we can look the role that TV/screens play in our daily lives as an entertainer, pacifier, babysitter, time filler and background noise.

Television & screens are generally a passive "non-activity" which often detracts from more healthy, interpersonal, productive, rewarding and community-oriented activities.

Turn Off the TV & Screen Free Week is about having more fun outside of screens and turning "on" your life. It's an opportunity to rediscover the wide range of activities that exist when one unplugs from the sedentary, image-based, simplistic and commercial world of television, computers, and other electronic devices.

During this week we would like to encourage you to turn off your TV & screens.

If your student would like to participate, have them watch less TV & have less screen time this week. Ideally, we would encourage them to turn off the TV & screens completely. If they do turn off the TV & screens (or watch at least 50% less than normal for that child), have them bring the signed pledge back to school by **Monday, May 8th**.

Thank You – Hayden Peak PTA, Family Life Commission

***** On the back you will find some ideas of things to do instead of watching TV/playing on screens *****

Please have your child pledge that they will have less screen time this week. Ideally, we would encourage them to turn off the TV & screens completely. If they do in fact turn off the TV & screens (or watch at least 50% less than normal for that child), have them sign and bring the signed pledge back to school by Monday, May 8th.

I _____ in _____ class pledge to turn my TV & screens off.
(Student **First & Last name**) (Teacher name)

I will only use them when required at school. Instead of spending time watching TV/playing on Screens, I did:

- * _____
- * _____
- * _____

I _____ did turn the TV/screens off.
(Student signature)

Parent Signature: _____

Grade: _____

