

**Hayden Peak PTA would like you to join us in celebrating  
National Screen Free Week  
May 6-May 12, 2024**

Dear Parent,

Hayden Peak Elementary School will be participating in Screen-Free Week. Screen-Free Week is a nationwide event sponsored by Campaign for a Commercial-Free Childhood and celebrated by schools, families, and other civic and community groups each year. During Screen-Free Week, millions of children and adults pledge to spend seven days screen-free. Instead of watching TV or playing video games, they tend to read, play, think, create, get physically active, and spend more time with friends and family.

Studies show that children who watch less TV are more likely to read well and to be physically fit. Turning off screens also allows for more family time. Each week, American children spend more time in front of a screen than they do in school! Screen-Free Week is a great way to jump-start our kids into more reading, learning, and active play. It's also a lot of fun!

Many parents choose to join their children in forgoing screen-based entertainment all week long and engaging in other fun activities. This kind of support is the best thing you can do to ensure that your child will have a successful and beneficial experience.

You can also learn more by visiting [www.screenfree.org](http://www.screenfree.org).

Please return the pledge form below by Monday, May 13 to earn a small prize.

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 \*\*\***

I \_\_\_\_\_ in \_\_\_\_\_ class pledge to give up entertainment from  
(Student First & Last name) (Teacher name)

**Monday, May 6 through Sunday, May 12.** Except for school or work, I will avoid 1) watching TV, movies, or videos, 2) playing games on phones, websites, tablets, or consoles, 3) surfing the web, or 4) using social media.

Instead of spending time on screens, I will:

- \* \_\_\_\_\_
- \* \_\_\_\_\_
- \* \_\_\_\_\_

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

Parent Signature: \_\_\_\_\_

Grade: \_\_\_\_\_



# 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 roller skating or skate boarding.
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. Start training 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.
50. Write a Thank You card to your teacher for Teacher Appreciation Week



Find more ideas and  
resources at  
[Screenfree.org](https://www.screenfree.org)