



National Screen Free Week

May 5th -11th 2014

Can you take the challenge to turn off the TV and all screens for one week?

Go for a walk. Ice skate. Roller skate. Take a lesson. Try swimming, dancing, or gymnastics. Hike, bike, do what you like! Play a **pick-up game** of basketball, soccer, touch football. **Play in the sand.** . Play Frisbee. Plan a picnic. Go bowling. Walk to and through a museum or art gallery. Play an instrument. Turn on the radio and dance. Play ping pong on your kitchen table. Water battle. Go fishing. **Fly a kite.** Walk to the library and borrow a book, a pedometer or a GPS unit. Organize a community clean-up. Go camping (even in the backyard). Blow bubbles and try catching them. Play shadow tag. Kayak. Try **geocaching**. Create sidewalk art with chalk. Play croquet. Go bird watching. Destination Imagination. Play ball! Kick, catch, roll and throw! Find some old clothes to do dress-up. Wash the car or your bike. Tickle. **Play charades** Plant a vegetable or flower garden. Organize a **scavenger hunt** Find 100 things to do with a stick. Rearrange furniture. Play “Follow the Leader”, “Simon Says”, “Red Light/Green Light”, or “Capture the Flag”. **Hula-hoop.** . Play Hacky Sack. Clean up the yard. Milk a cow. Jump rope. Teach someone your favorite game. Climb a tree. **Try out a club.** Try a Pogo stick. Visit a local farm. Make patterns in the snow or sand. Go to the driving range. Play miniature golf. **Go ice blocking.** Create your own twister board and play. Re-discover the backyard or a local park. Learn to use a compass **Take a nature walk.** Play tag, hopscotch, hide and seek. Visit a neighborhood creek or trail. Play flashlight tag at night. Go puddle jumping. Chase a leaf. Swing. Create an obstacle course in your home. Organize a play day at a local park. Have a math contest. Canoe. Go to the splash pad. Make someone laugh. Play in the water. **Walk a dog. Stargaze.** Watch the clouds go by. **Chase butterflies.**

Challenge Accepted.



Campaign for a Commercial-Free Childhood

