



National Screen Free Week

During the first full week in May, children, families, and communities focus on recreational activities beyond the screen.

Celebration ideas:

- Morning announcements
- Newsletter article or [flyer](#) for families
- Classroom activities or brainstorming session focused on fun, screen-free activities

Resources:

- <http://www.screenfree.org/>

Sample Newsletter Article:

Have Fun Without Screens! Celebrate Screen Free Week May 1st – 7th

While phones, tablets, T.V.s, and computers can be beneficial, too much screen time can limit physical activity, social interaction, and even impact sleep.

During the week of May 1st- 7th take a break from digital entertainment and join families and communities worldwide in replacing screen time with activities such as reading, walking, puzzles, drawing, or a trip to the park.

Beyond this week, aim to keep recreational screen time to two hours or less each day!

For more information on Screen Free Week and a healthy lifestyle, visit:

www.screenfreeweek.org

www.montcopa.org/healthyfamily

Sample Morning Announcements:

*Today starts Screen Free Week! This week, kids and adults are turning off their TVs, tablets, computers, and even putting down their phones to focus their brains and bodies on other activities like reading, playing outside, and talking with friends and family. What can you do for fun after school that doesn't use a screen?

*Screens can be fun and even help us learn, but too much time in front of a tablet or TV can keep us in one spot for too long and even make us feel tired. The goal is to keep screen time to two hours or less every day, unless you need it to do your school work!

*How many screen free activities have you tried this week? Walking, coloring, reading, sports, and playing music are all ways to have fun without a screen. What will you do today?

*Time away from electronics and screens, especially before bed, can help you think, study, and even relax. This can help your body get the rest it needs to be ready to learn and play the next day.