Dear Families:

We encourage you to participate in some way in National Screen-Free week, April 29-May 3. For over 60 ideas, look here:

www.randomhousekids.com/for-parents/plug-play-and-un-plug-screen

5 days of Screen-Free ways to celebrate Screen-Free Week By Linda Ravin Lodding

Celebrate by exploring your neighborhood or going on a backyard adventure! Here are some ideas to get you started...

- 1. Visit a new playground and if you bring a ball you are sure to meet new friends.
- 2. Chase a sunset. Check <u>Time and Date.com</u> to find out what time the sun sets in your part of the world.
- 3. Go on a nature walk and learn about your local flora and fauna.
- 4. Go on a photo safari in your neighborhood or town. It's fun when you choose a photographic theme (such as blue things, doorways, circles, letters).



- 5. Go swimming, skating, rollerblading, scooting, pogosticking, bowling, go-carting or bike riding. Get active!
- 6. Learn to use a compass and go on a scavenger hunt. Look at *Earth Easy* for treasure hunt ideas.
- 7. Plan an adventure. Pick a destination in town or visit the countryside and plan a day trip by bike, train or bus.
- 8. Have fun outside after dark. Grab flashlights and head out for some night time fun.
- 9. Visit a recycling center.
- 10. Build a fort in the living room and camp out for the night.

http://www.randomhousekids.com/brand/rhkids-unplugs/

