



Screen Free Week

What is it?

Screen Free Week begins on May 2nd until May 8th. During this week, people are asked to refrain from any technology use except for work and homework purposes. Today's children grow up immersed in digital media, which has positive and negative effects on their healthy development. The purpose of Screen Free Week is to spread awareness and help families balance digital and real life from birth to adulthood. Get Healthy Connecticut has provided interactive tools to educate families about ways to increase and maintain physical activity without technology.

What are the benefits?

Although technology has made learning faster and more efficient, it takes away from our physical life. People become so consumed with browsing the Internet and posting on social media that the line between online life and reality is becoming blurred. The lack of physical activity is beginning to have negative effects on our health. The goal of hosting a Screen Free Week is to help educate families about the importance of getting off the screens and outside, especially for young developing minds.

Who can participate?

Everyone can get involved! There is no age limit to good health, the interactive activities are geared towards children, but families are welcome to participate as well! Maintaining a healthy life style is not easy, so the more family members involved the better. Get Healthy Connecticut has "Pledge Cards" that everyone can sign up for and will receive a certificate of achievement once completed.

How do I get involved?

Becoming involved is simple and free. Fill out a pledge card and complete the interactive activities with your children. In this packet Get Health Connecticut has provided a list of free activities that don't require using any technology.



For more information, please visit
www.GetHealthyCT.org

Screen Free Week

Get Healthy CT would like to invite you to participate in this year's Screen Free Week event! Starting May 2nd through May 8th, our challenge to you is to turn off all phones, televisions and computers. Instead, enjoy time with friends and family, without using technology.



Physical activity is important for maintaining good health. Today, children are spending less time being active, and more time in front of a screen. This can be harmful to their health, so it's important for them to learn how to incorporate movement throughout the day.



Paint a portrait, play sports with friends, read a book, play board games with the family, help make a delicious healthy dinner and more! Get Healthy CT has a list of 50 free interactive activities to do inside, outside, and with the family. Pick a new activity to try this week!

Here is what a typical day would look like with technology vs. without:

With:

- Get home from school
- Play video games
- Watch T.V
- Have dinner
- Watch more T.V
- On the web before bed



Without:

- Get home from school
- Take the dog for a walk
- Re-organize room
- Learn a new recipe
- Play outside
- Read a book before bed

Increasing daily physical activity can be done in small steps. One healthy choice a day goes a long way. Take the pledge to go screen free and see how many *NEW* activities you can do in a week!!

For more information please visit our website: www.GetHealthyCT.org



Screen-Free Week Pledge Card

I, _____, pledge that during the week of _____, I will only use screens when they are required for school.

During this week, I pledge to not

- ✓ watch TV or videos
- ✓ play games on tablets
- ✓ surf the web
- ✓ use social media

Instead of these things, I plan to spend my time:

I will also encourage my friends and family to go screen-free!



Visit **GetHealthyCT.org** for more information
Screen-Free week is a program of Campaign for a
Commercial-Free Childhood

50 Fun & Healthy Screen-Free Activities



1. Learn to bake a healthy dessert
2. Organize your closet and donate items or have a garage sale
3. Create an international dinner
4. Ask your parents to teach you their favorite childhood game.
5. Cook a healthy dinner with family
6. Play charades
7. Plant a garden
8. Make a healthy breakfast for your family
9. Take your dog for a walk
10. Reorganize your room
11. Go on a nature walk and learn about native trees and flowers in your area
12. Plan a healthy picnic
13. Go bird watching
14. Learn to use a compass and go for a hike
15. Climb a tree
16. Make paper bag costumes and have a parade
17. Discover your community center or local park activities
18. Build a fort in the living room and camp out
19. Invent a new game and teach it to your friends
20. Play hopscotch, hide & seek, or freeze-tag
21. Organize a neighborhood scavenger hunt
22. Make puppets out of old socks and have a puppet show
23. Write a play with friends and perform it for family
24. Construct a kite and fly it
25. If it's snowing, go sledding or make a snowman
26. Play basketball
27. Jump rope
28. Invite your friends to a walking challenge and see who can get the most steps in a day
29. Clean your room
30. Create sidewalk art with chalk
31. Go to a farmers market
32. Rake leaves or do yard work
33. Wash the family car
34. Help prepare healthy meals for the upcoming week
35. Walk to a friend's house
36. Help a neighbor with their yard work
37. Visit a new park and play on the playground
38. Take a cooking class
39. Go for a walk at a park or a beach
40. Create a new healthy recipe and make it for friends or family to try
41. Organize a healthy cooking competition with friends or family
42. Dance to music around the house
43. Try a new sport
44. Pick up trash around your town or neighborhood
45. Ride a bike
46. Make a fruit salad
47. Plant a tree
48. Prepare and deliver a healthy meal to a neighbor of family member
49. Go bowling with friends
50. Organize a backyard Olympics competition with your family

Visit **GetHealthyCT.org**
for a list of local HEALTHY
activities in your town
and then get off the
screen and GO PLAY!

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Screen-Free Week Activity Log



Keep an activity log of all the screen-free activities you did this week. At the end of each day you can write down what you did that day by yourself, with friends, and with family. You may be surprised at how much more you can do when you go screen-free!

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
By myself							
With Friends							
With family							

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Use this page to draw a picture or write a short story about what you learned during Screen-Free Week

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CERTIFICATE of ACHIEVEMENT

This certifies that

has successfully completed Screen-Free Week!

School Name

Year

Visit **GetHealthyCT.org** for more information on healthy living.
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