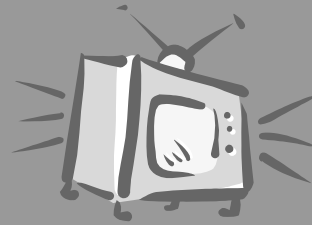


# TV Free Week

## May 1st-7th



The students at Pearl Prep are invited to participate in the nationwide "TV Free Week". Any student that can go at least 5 out of 7 days in the week without watching TV will get a free dress day on May 9th and earn a special award tag.

- Get outside and practice baseball/softball
- Break out the board games
- Bake some cookies
- \* See the list on back for other ideas.

We encourage families to participate with their children.

### INTERESTING FACTS ABOUT TV

- Number of 30-second commercials seen in a year by an average child: 20,000
- Number of minutes per week that parents spend in meaningful conversation with their children: 38.5
- Number of minutes per week that the average child watches television: 1,680
- Percentage of children ages 6-17 who have TV's in their bedrooms: 50
- Percentage of day care centers that use TV during a typical day: 70
- Hours per year the average American youth spends in school: 900 hours
- Hours per year the average American youth watches television: 1500
- Percentage of Americans that regularly watch television while eating dinner: 66

Name \_\_\_\_\_

\* Parent sign below for each completed TV Free Day

Monday beginning at 8:00 a.m. \_\_\_\_\_

Tuesday \_\_\_\_\_

Wednesday \_\_\_\_\_

Thursday \_\_\_\_\_

Friday \_\_\_\_\_

Saturday \_\_\_\_\_

Sunday \_\_\_\_\_

Remember that TV Free means: no TV, videos, DVD's or video games using a TV. It is OK to use the computer, but no watching shows, movies, video games etc. on the computer.

Take the challenge!

## SOME ALTERNATIVE ACTIVITIES FOR CHILDREN AND FAMILIES

- ☐ Learn to play the guitar or other musical instrument, or just practice extra on the instrument you already play.
- ☐ Put together a puzzle.
- ☐ Visit the library. Borrow a book. Attend library activities.
- ☐ Go ice skating or roller skating.
- ☐ Listen to the radio.
- ☐ Visit the zoo.
- ☐ Paint a picture, a mural or a room.
- ☐ Attend an RHP sporting event.
- ☐ Find out about your area's community center or park's activities.
- ☐ Go swimming.
- ☐ Plan a picnic or barbecue.
- ☐ Go bird watching.
- ☐ Play with your pet.
- ☐ Write a letter to a friend or relative.
- ☐ Learn to cook.
- ☐ Plant a flower, vegetable or herb garden.
- ☐ Read magazines or newspapers.
- ☐ Start a neighborhood basketball, soccer, or kickball game.
- ☐ Go camping (even if it's just in the backyard!).
- ☐ Go through your closets and clothes. Donate surplus items to Goodwill, the Salvation Army or a local rummage sale.
- ☐ Start a diary/journal.
- ☐ Go to a museum.
- ☐ Take a nature hike. Collect seeds and leaves. Make a collage with the materials you collected and post it on the refrigerator.
- ☐ Play cards.
- ☐ Read a story to your younger brother or sister.
- ☐ Get out the family photo album. Research your family history.
- ☐ Make crafts to give as gifts.
- ☐ Make up a story and write it down.
- ☐ Learn to say simple phrases in a few different languages.
- ☐ Ask an older family member to tell you a story about his or her childhood. Write about it.
- ☐ Learn some new riddles or jokes.
- ☐ Bake two batches of cookies; one for your family and one for a neighbor.
- ☐ Watch the night sky through binoculars; identify the different constellations. Observe the moon.
- ☐ Visit a local bookstore.
- ☐ **HAVE A PARTY TO CELEBRATE A TV-FREE WEEK.**