

## Celebrate Screen Free Week!!

### **Unplug from digital entertainment.**

Start reading, playing, thinking, creating, getting active, and spending more time with family and friends instead of watching TV, surfing the web, or playing with apps and video games.

### **Tips to Reduce Screen Time**

Talk to your family about riding a bike or shooting hoops instead of digital entertainment, it could lead to more fun with friends. Tell them you'll do the same.

### **Set a Good Example**

You need to be a good role model and limit your screen time to no more than two hours per day, too. If your kids see you following your own rules, then they'll be more likely to do the same.

### **Set Screen Time Limits**

Create a house rule that limits screen time to two hours every day. More importantly, **enforce** the rule.

### **Create Screen-free Bedrooms**

Don't put a TV or computer in your child's bedroom. It keeps them in their room instead of spending time with the rest of the family.



## Family Fun

Kites have been flown for over 1,000 years, and the joy of flying kites has increased. Experience that joy with a great family bonding day by creating, designing and making your own kite. Once the kite is made, delight in taking the kite to the air for its first soar off the ground.

**Treat this as family fun, not exercise!** Remember, anytime you can do things together, it's something to celebrate! Plan a trip to the zoo, fly a kite at the park or lake and focus on the fun of being active together.

**Start small with your list of summer fun.** Don't try to do too much at once. Start adding in new activities as you see family members are ready. Try to take the dog for a longer walk or add in a new class, little by little. You don't want to wear out before you even begin!

**Learn some new skills together.** Take a painting class, learn how to dance, or play some golf. Help the kids practice and it will help keep things fun and interesting for the whole family.

