



Free From Screens

5210 Introduction

Too much screen time means not enough time for children to be active. When children are not active enough they miss out on important development and social skills. Start incorporating more outdoor and indoor play. This is a great opportunity to involve the whole family and spend quality time together while limiting even your own screen use.

#unplugandplay
#screenfreeweek
#5210HC



Post to Social Media

Just copy, paste and post!



Can you imagine having a family night that's screen free? Fight back against boredom and keep your kids busy and entertained without staring at a screen. Use <https://bit.ly/2SsWrpq> to discover indoor and outdoor fun the whole family can enjoy and not be glued to a screen. To learn more about 5210 Healthy Children, visit 5210.psu.edu!



When was the last time you played a family board game? Which one is your families favorite? #5210HC #unplugandplay #screenfreeweek

Choose a Challenge

Keep an Eye on Screen Time

<https://5210.psu.edu/wp-content/uploads/2018/09/Keeping-an-Eye-On-Screen-Time-Challenge.pdf>

Unplugged

<https://5210.psu.edu/wp-content/uploads/2018/09/Unplugged-hc.pdf>

Sit Upon

<https://5210.psu.edu/wp-content/uploads/2018/09/How-to-Make-a-Sit-Upon-hc.pdf>

50 Ways to Unplug and Play

<https://5210.psu.edu/wp-content/uploads/2018/09/50-Ways-to-Unplug-and-Play-hc-2.pdf>

Provide Feedback

Complete the feedback tool to let us know how your monthly booster went - what did you do, how and where did you distribute information, who all got involved, what worked, what didn't work, what did you like, what didn't you like, what did the kids and families seem to enjoy, or give us your ideas!

[5210 Monthly Booster Feedback Tool](#)

CLEARINGHOUSE
FOR MILITARY FAMILY READINESS