



National Screen Free Week (May)

National Screen Free Week

Download and distribute National Screen-Free Week flyers to help your family, school, and community be more active and walk away from the screen.

You can access documents here:

<http://www.screenfree.org/>

#SCREENFREE
#5210HC



Post to Social Media

Just copy, paste and post!



Smart-phones, laptops, tablets, I-pads, TV, movies, text-messaging, e-mail, Facebook.... STOP and unplug during National Screen-Free Week! Use this week as an opportunity to be more active, find more creative ways to have fun, and walk away from the screen. Decrease your screen time, increase your 1, and hey, maybe find ways to fill in the fun with some healthy new recipes for your 5 and 0! For more ideas, check out www.screenfree.org. #5210HC To learn more about 5210 Healthy Children and the benefits of decreasing screen time, visit 5210.psu.edu



Un-plug during National Screen-Free week! Visit screenfree.org for ideas 2 decrease your screen time & increase activity. #5210HC

Choose a Challenge

Organize a Screen-Free Week

<http://www.screenfree.org/organize/>

Write a Play

<https://5210.psu.edu/wp-content/uploads/2018/06/06playwrightshandbook.pdf>

Log Outside Activities

<https://5210.psu.edu/wp-content/uploads/2019/02/American-Heart-Activity-Log-hc.pdf>

Healthy Kids in a Digital World Handout

<https://5210.psu.edu/wp-content/uploads/2019/02/Healthy-Kids-in-a-Digital-World-hc.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