

NATIONAL SCREEN-FREE WEEK AT WES

April 29-May 5, 2019

Challenge yourself to No Screen Time outside of school work—unplug the TV, game systems, computers, tablets, & phone apps



Parents included—set an example for your kids! Find family activities to do.

Certificates will be awarded to those who participate all week!

Wait & see how the principal will celebrate if lots of families participate. More info is coming...

LISTEN TO THE RADIO.
WRITE A LETTER. VOLUNTEER.
PAINT A PICTURE.
PLANT A GARDEN.
READ A BOOK. SHOOT HOOPS.
GO SWIMMING.
MAKE A PUPPET SHOW.
REDECORATE YOUR HOUSE.
MAKE COOKIES. PLAY TAG.
FLY A KITE. GO FOR A HIKE.
PLAY CARDS. MAKE A FORT.
HAVE A DANCE PARTY.
START A ROCK BAND.
BIKE RIDE. WRITE A PLAY.

SCREENFREE.ORG

