

Celebrate Schuylerville's 2nd Annual...

screen-free
week



May 4 - 10, 2015

What's the goal of Screen-Free Week? To get folks to turn off screens for a week? Nope. It's to encourage people to try living without screens for a week so that they'll reconsider the place of electronic entertainment media in their lives and make long-term changes for a healthier, more satisfying life.

I pledge that during the week of May 4-10 I will:

- 1) Watch no TV or DVDs, no video games, and only use the computer if it's required for a homework assignment
- 2) Encourage my friends and family to go screen-free
- 3) Explore new screen-free activities
- 4) HAVE FUN!

Name: _____

Teacher: _____

Parent Signature: _____

Complete as many activities on the 'Screen-Free Bingo' sheet as you can, then turn in to your teacher for the chance to win a prize! The more squares you complete, the bigger prize you will be eligible for!

Brought to you by the Schuylerville Green Ribbon School Project

Email: schuylervillegrs@gmail.com

[facebook.com/SchuylervilleGreenRibbonSchoolProject](https://www.facebook.com/SchuylervilleGreenRibbonSchoolProject)

Screen-Free BINGO

Ride Your Bike (walk/ride to school May 6)	Plant a Seed	Read a Book	Play Outside	Make a Fort
Visit your local Bookstore	Listen To Radio	Walk a Dog	Collect Recycling	Visit a Park
Donate Clothes	Go On a Picnic	Paint a Picture	Go for a Walk	Write a Letter
Make a Mother's Day Card	Clean Your Room	Visit the Library (May the 4th be With You!)	Plant a Flower	Make Some Music
Draw a Comic	Fly a Kite at Hudson Crossing	Play Cards	Make Cookies	Go to Farmer's Market