



TV Turn-Off Week

April 19-25, 2010

THE PURPOSE:

To re-think the role of television and other electronic devices in our lives and to encourage everyone to simply switch off or unplug their TV set for seven days.

WHY?

- ▶ The average child spends 900 hours in school per year!
- ▶ **The average child watches TV 1500 hours per year**
- ▶ Parents talk with their children only 38.5 minutes per week
- ▶ **The average child watches TV 1680 minutes per week**
- ▶ 66% of Americans watch TV while eating dinner
- ▶ **The average child sees 20,000 30-second commercials each year.**

NO TV!!!!?.....WHAT CAN YOU DO TO HELP?

Encourage your kids to turn off their TV and to replace their screen time with other activities such as:

Make some time for family time:

Prepare a meal together, Plant a garden

Play games (e.g. board games, puzzles) Visit a museum

Try a new physical activity or sport Go for a bike ride

Take a walk Do some chores

Go to the playground Play some music

Make some crafts Write a letter or cards

Read a book Share family pictures

Tell a story



Have some fun!

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