

Screen Free Week May 3-9

Parents sign any day(s) your student participates. Take a picture of the completed form and text it to Amanda, (262)305-2800 by Monday, May 10th. Students will earn a chance to be entered into a prize drawing for each completed day. (The included ideas do not have to be completed, just screen-free is the goal!)

Student Name:

Teacher:

Monday 5/3

Screen free on a Monday, no problem! Get busy playing outside afterschool, rollerblade, jump rope, play with your pet, play catch with someone!

Screen-free today:_____ Parent signature:_____

Tuesday 5/4

Easy, breezy Tuesday! After school maybe you can find a board game, do a family puzzle or help with dinner? Keep it up!

Screen-free today:_____ Parent signature:_____

Wednesday 5/5

You've made it so far, don't give up now! Go to the library, play hopscotch, draw with chalk, play baseball or soccer! Make a plan to meet a friend at the park. Make the most of this spring weather and give your couch a break!

Screen-free today:_____ Parent signature:_____

Thursday 5/6

Can you believe you've made it this far? Think of all the cool things you've done this week instead of being tied to your screen! When was the last time you wrote a letter to your Grandma or Grandpa, or another relative/friend? I'm sure they would love to hear from you! Make a card for upcoming Mother's day! Artwork would be an added bonus!!

Screen-free today:_____ Parent signature:_____

Friday 5/7

Have some family fun this Friday! Write down all of the fun things you did this week instead of sitting on your screen! Plan a family pizza or ice cream night to celebrate! Go for a family walk, play a game together before bed!

Screen-free today:_____ Parent signature:_____

Saturday 5/8

Tough to resist those morning cartoons, but you can do it! Enjoy this weekend day with your family outside! Maybe you could play a sport in the yard, go for a walk? Watch or play a soccer game? Wash a loved one's car?

Screen-free today:_____ Parent signature:_____

Sunday 5/9

Zippity do da, you've made it! Make your mom or a loved one breakfast in bed, take a bike ride, help with spring clean up outside or inside the house!

Screen-free today:_____ Parent signature:_____