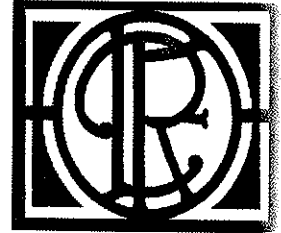


Celebrate TV Turn Off Week!



25 tv-free alternatives:

1. Play music with your family –share your favorites!
2. Volunteer for a community organization or charity.
3. Listen to the radio.
4. Do a crossword puzzle.
5. Go bird watching.
6. Go for a bike ride.
7. Play frisbee.
8. Learn some phrases in sign-language.
9. Plant a garden.
10. Cook and share a meal with family and friends.
11. Watch the night sky. Look for the constellations.
12. Write a song – and record it!
13. Write a short story.
14. Go to a park or a part of town that you've never visited.
15. Organize a game of touch football or baseball.
16. Write a letter to someone you admire.
17. Paint a picture. Paint an entire mural with your friends.
18. Read a book. Read aloud to a friend or family member.
19. Learn yoga.
20. Play a game of chess.
21. Go roller skating.
22. Go on a picnic.
23. Tutor a friend or family member.
24. Start a journal.
25. Create an art gallery show featuring art by you and your friends.

Let's keep it going! What are some other things you might like to do this week?

26. _____
27. _____
28. _____
29. _____
30. _____