



Top 10 Ideas to Celebrate Screen-Free Week

 **Unplug and Play** – Host a board game night with your family!


 **Go Wild Outdoors** – Plan a hike, bike ride, or nature scavenger hunt.


 **Declare Screen-Free Zones** – Post signs around your home, school, or community.


 **Family Day of Service** – Take your family and go volunteer in your community.

 **Spread the Word** – Hang up Screen-Free Week Flyers around your community.

 **Share the Challenge** – Post about Screen-Free Week on your social media (then log off!).

 **Dine and Disconnect** – Enjoy a screen-free dinner at a local restaurant.

 **How Low Can You Go?** – Track your screen-free hours and turn it into a friendly competition!

 **Take the Pledge** – Commit to participating in screen-free week and invite others to do the same.

 **Tag, You're It!** – Challenge friends, family, or co-workers to join the movement.