

Looking for a way to help families unplug the screens?

West School in Portland came up with an innovative way to support less screen time at home.

1. Create an **Alternative to Screen Time Activity Box** filled with new and different activities for kids and families.

Ideas for what to include:

- Floor puzzles
- Board games
- Activity dice
- Snow block makers

Include items that your students like but don't have access to every day. You want to make sure to include desirable items that the students want!



2. Advertise to families and students.

Let families know that students may 'check out' an Alternative to Screen Time Activity Box for the evening. Consider adding the sentence below to parent newsletters.

'Attention Families! XXXXX School has an Alternative to Screen Time Activity Box available to check out overnight! If you'd like to have a screen time free evening, contact _____.'

3. Develop a check out system. Who is responsible for checking it out? The school nurse? The librarian? Front office staff?
4. Keep the box updated with fun and exciting toys!

For more information visit us at <https://5210.psu.edu> or email at 5210@psu.edu.