



May National Screen-Free Week

Use this month to find more creative ways to have fun!

1

Download and distribute National Screen-Free Week flyers to help your family, school, and community be more active and walk away from the screen. You can download the flyer at <http://5210.psu.edu/wp-content/uploads/2017/04/1May5210HC.pdf>!

Post to your social media sites!

2



Smart-phones, laptops, tablets, I-pads, TV, movies, text-messaging, e-mail, Facebook.... STOP and unplug during National Screen-Free Week! Use this week as an opportunity to be more active, find more creative ways to have fun, and walk away from the screen. Decrease your screen time, increase your 1, and hey, maybe find ways to fill in the fun with some healthy new recipes for your 5 and 0! For more ideas, check out www.screenfree.org. #5210HC

To learn more about 5210 Healthy Children and the benefits of decreasing screen time, visit 5210.psu.edu



Un-plug during National Screen-Free week! Visit screenfree.org for ideas 2 decrease your screen time & increase activity. #5210HC

Participate in the 5210 Challenge of the Month!

3

Your Challenge this month is to organize a group for a screen-free week. Use resources at www.screenfree.org/organize/ to help organize for your home, your school, or your community. Visit <http://5210.psu.edu/wp-content/uploads/2017/04/3May5210HCChallenge.pdf> to learn more!