

Empowered by Play Inc.



www.empoweredbyplay.org

Empowered by Play is a New York State nonprofit working to help families and teachers protect and promote imaginative play in our way-too-busy, media-filled, consumer-driven world.

Join Empowered by Play for Screen-Free Week April 18-24, 2011!

Studies show that children who watch less TV are more likely to read well and to be physically fit. Turning off screens also allows for more family time. Each week, American children spend more time in front of a screen than they do in school! Screen-Free Week is a great way to jump-start our kids into more reading, learning, and active play. It's also a lot of fun!



This year, anyone who successfully participates in Screen-Free Week can receive a free family pass to the Wildlife Education Center at the Hudson Highlands Nature Museum in Cornwall, New York! Just keep track of your week on the attached activity log, and return it to Empowered by Play by May 3rd. We will send you your museum pass in the mail!

Screen-Free Week Pledge

I _____ am participating in
Screen-Free Week April 18 - 24th 2011.

I pledge to watch no TV/DVDs
or play any video games.

I will only use the computer if it is
required for a homework assignment.

I pledge to encourage my friends and family
to go screen-free.

I pledge to explore new screen-free activities.
And I pledge to HAVE FUN!



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