

Looking for fun activities during Screen Turn-Off Week???

Family Fun Night

Tuesday, April 27 6-7:30pm

Have fun with family and friends and St. Lawrence staff while learning new healthy and entertaining activities.

Great Activities:

Bubbles & Sidewalk Chalk
Board Games

Healthy Cooking

Face painting & Art
Instant Poetry

Line Dancing
Sports, M.S. Girls' Fitness

Elem. Science Fair

BOGO Book Fair

Something to Think About:

Time spent daily with screen media for U.S. children age six and under : about 2 hours.

Percentage of overweight incidence that can be linked to excess TV viewing: 60

Creativity needs time away from screens to flourish.

Amount of daily moderate physical activity recommended for children: 60 minutes

Hours of TV watching per week shown to negatively affect academic achievement: 10 +

"TV language is much simpler than print. On TV shows popular among teenagers, 72% of the sentences average just 7 words.