

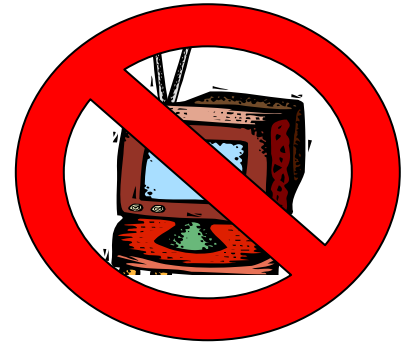
Turn Off TV Week

- **Fact:** The television is on for 7 hours and 40 min each day in a typical American home!
- **Fact** The average American watches 4 hours of TV each day!
- **Fact:** Turn off TV week starts on April 27!

Join Dixie School District in celebrating turning off the TV.

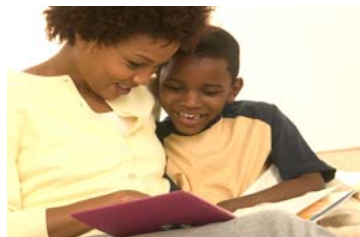
Turning off the TV gives us a chance to think, read, create and do!

Here are a number of alternate activities for breaking the TV addiction and tuning into your family.



Sit down with your kids and talk about the things they like to do, from big to small. Make a list of alternative activities, post it prominently and choose an activity from the list each day.

- Encourage play and learning activities: Games, toys, music, story-telling and acting out stories, books and magazines, hobbies and crafts, and household chores.
- Turn the TV off during dinner
- Walk, hike, bike and move (better than being a couch potato)
- Visit the library or a museum
- Volunteer with your children. Give back to your community with the time you save by not sitting in front of the TV
- Read the newspaper
- Start a family night
- Do “nothing”



Remember: children enjoy “hanging out,” even when you’re busy. Look for opportunities for them to watch while you work and explain what you’re doing, to help in some way, or to keep you company.

Max and Adam's Favorite-Things-To-Do List

(these boys are 4 and 2 years-of-age)

- ☺ Play outside
- ☺ Homemade play dough
- ☺ Duplos
- ☺ Dance wildly
- ☺ Make personal pizza
- ☺ Glue anything to paper (pasta, glitter, scraps, leaves)
- ☺ String and unstring beads
- ☺ Make believe with household objects (straws, crackers, clean plastic bottles from the recycling bin, curlers)

