

Show your support for National Screen-Free Week!

What is Screen-Free Week?

Screen-Free Week is an annual invitation to play, explore, and rediscover the joys of life beyond screens. From April 29 to May 5, 2019, thousands of families, schools, and communities around the world will put down their entertainment screens for seven days of fun, connection, and discovery.

Why should you participate?

Less screen time means more opportunities for creative learning, physical activity, and healthier children. Through creative play, kids explore their physical world, build their curiosity, and expand their imaginations. You can celebrate Screen-Free Week at home, in your school, in your community, or anywhere – just put down those entertainment screens and do literally anything else! For more information check out <http://earlyageshealthystages.com/resources/eahs-materials/>.

Here is how you can show your support:

1. Share this information with your networks
2. Make a commitment to make your place of work, school, play, worship screen free
3. Ask families in your circle/center to reduce screen time at home
4. Share on social media post a day using the samples or your own screen-free ideas for fun
5. Gather a small group together and participate in a 30 minute physical activity a daily
6. Organize a community clean-up project
7. Follow EAHS on Social Media Platforms @EAHSCuyahoga
8. Tag #EAHSCuyahoga when you make #NSFW post
9. Change your social media photo's to reflect an image of NSFW