

NEWS RELEASE

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Make Plans to Ditch the Screens

Screen-Free Week is coming up May 3rd through May 9th. It is an annual celebration where children, families, schools, and communities around the world swap digital entertainment for the joys of life beyond the screen. Screen-Free Week is a fun way to reduce dependence on TV, video games, smartphones, tablets, and computers—especially during the pandemic. It's a chance for children—and adults—to power down and reconnect with the world around them.

This year for Screen-Free Week, you're invited to celebrate however you can, whether it's by unplugging for one day, shutting off your phone at dinner time, spending more time outdoors, or taking the whole week to only use screens for work and school and enjoy some serious fun offline! Here are some of the [101 Screen-Free Activities](#) from screenfree.org to get you started:

- **Outdoors**
 - ✓ Go for a walk or take a nature hike.
 - ✓ Plant a garden.
 - ✓ Watch a sunset and/or sunrise.
- **At Home**
 - ✓ Listen to the radio.
 - ✓ Read a book.
 - ✓ Try a new recipe.
- **With the Kids**
 - ✓ Play [Screen-Free Bingo](#), charades, or have kids make up their own game.
 - ✓ Visit the library and borrow some books. It's also [Children's Book Week!](#)
 - ✓ [Build a fort](#) in the living room.



For more [family-friendly activity ideas and screen-free resources](#), visit screenfree.org. While you plan activities away from screens for next week's Screen-Free Week, don't forget to celebrate [Every Kid Healthy™ Week](#) this week!

Adults and children participating in the Let's Eat Healthy! Program are learning how to create healthy habits. For more nutrition or program information, visit our [CalFresh Healthy Living, UCCE website](#). Follow and "like" us on [Facebook](#) for additional tips and updates:

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