

Screen Free means more Family Time!

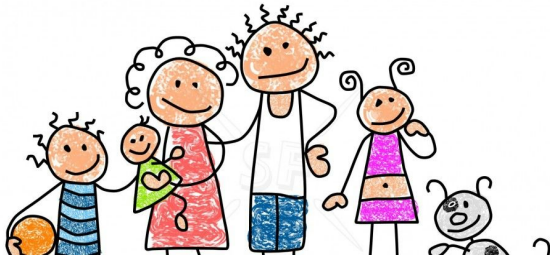
**Reclaim the family meal as a time for talking together and/or sharing stories.

**Plan your meals ahead of time and include the entire family (when possible) in the preparation and presentation of the meal.

**Discuss a book everyone in the family has agreed to read.

**Include friends, relatives, and neighbors in what you are doing, even if it's for just one day or evening.

**Get together with other families at a park, play organized games or just hang out!



Are you going screen
free this week?

play dough mail a card to
grandma **PAINT** bake
cookies nature walk
visit a museum library
story time explore a new
park color the sidewalk
HOPSCOTCH

can't do all week? try a day
NoTwiddleTwaddle.com

Attention Families!

Escape from the Screens...

April 25 - May 6, 2016



Come to CES
after-school activities
during our Screen Free
Weeks!!

WHEN: Thursday, April 28
from 3:00-4:00

WHAT: "Let's Play Games"

WHO: All CES students invited

WHERE: Gymnasium



WHEN: Tuesday, May 3
from 3:00-4:00

WHAT: "Mystery Readers"

WHO: All CES students invited

WHERE: Library



WHEN: Thursday, May 5
from 3:00-4:00

WHAT: "Yoga Fun"

WHO: All CES students invited

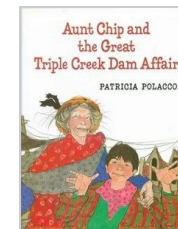
WHERE: Gymnasium



Books to Unplug To:



Doug Unplugged This book is about a young robot who forgoes his daily download to discover what he can learn by seeing, feeling, and hearing the city is a great way to introduce the concept of "unplugging" to kids.



Aunt Chip and the Great Triple Creek Dam Affair This is a story of how an entire town forgot how to read because they became so addicted to TV. Leave it the town librarian to save the day.



Blackout The young boy in this book discovers the simple joys of spending time with loved ones when the city goes dark.

