



Unplug and Be Outside

National Unplugged Week: April 19-25

Children spend more than 38 hours a week using media (TV, video games, computers, music, etc). By the time the average person reaches the age of 70, he or she will have spent the equivalent of 7 to 10 years watching TV. Watching too much TV is associated with numerous negative consequences. For example, children who watch more TV are more likely to be overweight and perform poorly in school.

National *Unplugged Week* is **April 19-25** and encourages families to “unplug” from TV, video game consoles, and computer games. This is a great opportunity for families to turn off the screen and be active outdoors. You are being encouraged to unplug and try life without TV, computer games, and video games. You may just find it hard to go back to that couch after spending some quality family time outdoors. Here are some steps for unplugging:

Step 1: Spread the Word

Talk about *Unplugged Week* with your family, friends, and coworkers.

Step 2: Unplug

Unplug your television! Consider putting a “NO TV” sign  on the screen and removing the batteries from the remote control. Organize what you or your family will do instead of watching TV, playing video games or computer games.

Step 3: Replace Your Screen Time with Green Time!

Get outside and enjoy the spring weather! Here are some easy outdoor activities you can do with children during *Unplugged Week*:

Go for a walk

Take a hike

Ride a bike

Throw a ball

Fly a kite

Walk the dog

Visit a park

Plant a garden

For additional ideas visit www.visitidaho.org/children-in-nature/