



Get Moving! Be Active!

Make The Most of Your Time: Turn Off the TV!

When the TV is off,
there's more time for:

- Reading
- Talking
- Learning
- Playing
- Music
- Singing
- Snuggling



Tips:

- Have one or two TV-free days each week.
- Do not use the TV for rewards or punishments.
- Let the kids be bored for a while - they'll find something else to do.

Kids say:

"I really didn't like the week we had no TV. Except that I noticed my grades went up and I was in a good mood all week."

Drew Henderson, 2nd grader.