

**LISTEN TO THE RADIO.**  
**WRITE A LETTER. SHOOT SOME**  
**HOOPS. PAINT A PICTURE.**  
**PLANT A GARDEN.**  
**READ A BOOK. VOLUNTEER.**  
**READ TO SOMEONE ELSE.**  
**GO SWIMMING.**  
**MAKE A PUPPET SHOW.**  
**REDECORATE YOUR HOUSE.**  
**MAKE COOKIES. PLAY TAG.**  
**HAVE A GARAGE SALE.**  
**FLY A KITE. GO FOR A HIKE.**  
**PLAY CARDS. MAKE A FORT.**  
**HAVE A DANCE PARTY.**  
**START A ROCK BAND.**  
**BIKE RIDE. WRITE A PLAY.**  
**VISIT THE ZOO.**

**WHAT ARE YOU DOING FOR  
NATIONAL SCREEN-FREE WEEK?**



**April 29 - May 5, 2019**  
**SCREENFREE.ORG**

