PLEDGE CARD

I, ___________________________, pledge that during the week of ________________, I will only use screens when they are required for school. I will not: 1) watch TV or videos; 2) play games on tablets, websites, phones, or consoles; 3) surf the web; 4) use social media.
Instead of spending time with screens, I will:

_________________________
_________________________
_________________________
_________________________

Remember to encourage your friends and family to go screen-free!

Presented by Campaign for a Commercial-Free Childhood
www.screenfree.org
Reading Pledge

I, ____________________________,
pledge that during the week of ___________________,
I will read many books by myself and with my teachers,
parents, siblings, and friends. While I am going
screen-free, I will let reading take me to amazing worlds!
These are some of the books I will read this week:

__________________________________________

__________________________________________

__________________________________________

__________________________________________

Explore your libraries, classrooms, homes,
and bookstores for great new books!

Presented by Every Child a Reader
www.everychildareader.net