

# TV-Free Week 2009



Tuesday, April 21

Today, just get moving! Try a jump rope,  
...or just play catch.

Name:  
Parent signature

Instead of watching TV, I...

Turn this in on  
Wed., April 22.



Wednesday, April 22

Play a game as the kids in *Jumanji* do!  
Enjoy being with each other!

Name:  
Parent signature

Instead of watching TV, I...

Turn this in on  
Thursday, April 23



Thursday, April 23

Let this be a creative night! Get  
out the crayons or paints, or simply  
sketch with a pencil.

Name:  
Parent signature

Instead of watching TV, I...

Turn this in on  
Friday, April 24.



Friday, April 24

Make a special snack together, and  
take turns reading aloud while you  
eat.

Name:  
Parent signature

Instead of watching TV, I...

Turn this in on  
Monday, April 27