

Did you know...

38.5 The average parent spends 38.5 minutes of meaningful conversation with their children per week.

4,000 By the time children enter kindergarten, they will have seen 4,000 hours of TV.

20,000 The average child sees 20,000 advertisements a year.

100,000 By the end of elementary school, children will have witnessed an average of 8,000 murders and 100,000 other violent acts.

Media Violence...

- causes an increase in mean-spirited, aggressive behavior.
- causes increased levels of fearfulness, mistrust, and self-protective behavior toward others.
- contributes to desensitization and callousness to the effects of violence and the suffering of others.
- provides violent heroes whom children seek to emulate.
- provides justification for resorting to violence when children think they are right.
- creates an increasing appetite for viewing more violence and more extreme violence.
- fosters a culture in which disrespectful behavior becomes a legitimate way for people to treat each other.



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Facts included in this brochure are taken from the TV Turnoff Network, the American Medical Association, and the American Psychological Association



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TELEVISION FREE ACTIVITIES FOR FAMILIES AND YOUNG CHILDREN



Lassen County Office of Education
472-013 Johnstonville Road, North
Susanville, CA 96130
www.lassencoe.org



Television Free Activities

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1. Put on music and dance.
2. Tell a story to your parents.
3. Paint with watercolors.
4. Invite friends over.
5. Read a book with your child.
6. Have your child pretend read a book to you.
7. Make up shared stories and have parents write them down.
8. Tell a story from a family photo and have parents write it down.
9. Make cookies to share with friends.
10. Make a healthy snack.
11. Encourage dramatic play activities by providing props (shoe store, doctor, pet store, etc.).
12. Hide something and then try to find it (You're getting hot, cold!).
13. Play card games.
14. Make crafts to give as gifts.
15. Work a puzzle together.
16. Make a bird feeder with a pinecone, peanut butter and bird seed.
17. Teach a child some of your favorite childhood games.
18. Study sign language.
19. Play outside.
20. Cook dinner with friends and family.
21. Make cards for holidays or birthdays. Make new greeting cards from old ones.
22. Have a family game night, learn to play dominos or checkers.
23. Play charades, Simon Says, or Mother May I.
24. Have a lemonade stand.
25. Make a nature collage on cardboard.
26. Sing or talk into tape recorder.
27. Play your favorite board game.
28. Wake up early and make pancakes with an adult.
29. Read or learn to memorize a favorite poem.
30. Play 20 Questions.
31. Plan a picnic or barbecue.
32. Make binoculars out of toilet paper rolls and go for a bird watching hike.
33. Walk the dog. Wash the dog.
34. Help plant a vegetable garden with your family.
35. Take a nature hike or listening walk, hear sounds of nature.
36. Feed the fish or birds.
37. Look at stars, planets, moon with binoculars or telescope.
38. Plant seeds in cups, watch them grow.
39. Take photographs and then organize them into an album.
40. Rake leaves and jump into them.
41. Go camping or have a backyard campout.
42. Take an early morning walk.
43. Climb a tree or a jungle gym.
44. Watch a sunset; watch the sunrise with a friend.
45. Visit the library and borrow some books.
46. Dress up in adult clothing.
47. Make an "All About Me" book.
48. Visit a local museum or arts display.
49. Paint something outside with paintbrush and water.
50. Visit the children's section of a local book store.
51. Participate in a vigorous activity (swimming, running, etc.).
52. Make an obstacle course inside or out.
53. Look for treasures at a yard sale.
54. Act out children's stories and nursery rhymes.
55. Collect recycling and drop it off at a recycling center.
56. Pick up litter in the neighborhood.
57. Have a picnic at the park.
58. Play a game of baseball, soccer, or softball at a local park.
59. Ride bikes as a family.
60. Go fishing as a family.
61. Play Frisbee.
62. Tear paper to make a picture.
63. Make musical instruments from household items.
64. Pick flowers and make a bouquet.
65. Make rock paper weights.
66. Play hide and seek or tag.
67. Have an adult help you iron leaves between wax paper/ decorate windows.
68. Make a tent or fort out of blankets.
69. Have a picnic in your fort.
70. Make a healthy food collage from magazines.
71. Make costumes from household items and have a parade.
72. Finger paint with shaving cream or chocolate pudding.
73. Discover activities offered through the Parks and Rec Dept.
74. Make bubbles and blow them.
75. Make peanut butter play dough and eat when finished.
76. Build a playhouse out of a cardboard box.
77. Research your family history and create a family tree.
78. Draw and color a picture with a parent.
79. Measure things and write down measurements.
80. Clean-up and redecorate your room.
81. Play hopscotch or shadow tag.
82. Go on a family scavenger hunt.
83. Make puppets out of paper bags or old socks and have a puppet show.
84. Put up a hummingbird feeder and write down what you see.
85. Make a paper kite and fly it.
86. Go on a family day trip or historical excursion.
87. Visit the fire department.
88. Create a collage of pictures from old magazines.
89. Play games with friends.
90. Learn to make a friendship bracelet.
91. Draw pictures of members of your family.
92. Have a family slumber party in the living room.
93. Bake cookies or cupcakes and have a tea party.
94. Build an Ivory soap boat and float it on water.
95. Write a letter to a friend or relative. Make a special card.
96. Start or update a family scrapbook.
97. Make cereal and lifesaver necklaces.
98. Create sidewalk art with chalk.
99. Make a family activity calendar to plan your turn off the TV time.
100. Design a "Turn on Life" poster to tape across your TV during family turn off the TV time.
101. Have a party to celebrate turning off the TV and other screened media.

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Television Free Activities

