

# Break Free of TV!

TV-Turnoff Week  
April 25 - May 1, 2005



From April 25 through May 1, students at Hoffman School will participate in TV Turnoff Week along with thousands of other schools and communities.

The purpose is to take a healthy break from TV and refocus on activities that are more academically, socially, and physically rewarding.

Instead of watching television, students will be asked to find alternate activities during this week such as reading, playing board games, making crafts, or helping with chores at home. Each night that a student refrains from watching TV, they will complete a "Break Free of TV!" slip of paper listing their alternate activities. Each morning they will give this to their teacher. At the end of the week, the

students in the accelerated math classes will organize the data and graph the results for all of Hoffman School to see.

## Things To Do Instead Of Watching TV

- Visit the library
- Bake cookies
- Start a diary
- Go to a museum
- Take a nature hike
- Play cards
- Make crafts
- Write a story
- Go bowling
- Go for a bike ride
- Learn sign-language
- Draw pictures
- Make a miniature boat
- Research your family history
- Take photographs
- Write a letter to grandparents
- Make a collage using old magazines
- Play at the park
- Wash the dog
- Plan a slumber party
- Play board games
- Spring clean a room
- Construct a kite and fly it
- Shoot hoops with friends
- Plant flowers
- Go roller blading
- Listen to the radio
- Go bird watching
- Visit a bookstore
- Take photographs
- Organize a scavenger hunt
- Play Frisbee
- Go to the zoo
- Read magazines

## **Why Turn Off the TV?**

Television cuts into family time, harms our children's ability to read and succeed in school, and contributes to unhealthy lifestyles and obesity. Here are just a few of the facts:

- ◇ On average, children in the U.S. will spend more time in front of the television (1,023 hours) than in school this year (900 hours).
- ◇ One in ten children in the U.S. are obese and one in five are overweight and research implicates TV.
- ◇ Recent studies show that children who watch less TV are less aggressive, ask for fewer toys, and less likely to be obese.
- ◇ The most recent federal "Reading Report Card" showed that students who watched one hour or less of TV each day were over three times as likely to read proficiently as those who watched six hours or more.