








## Screen Free Week

Get involved in the global event during the first week of May and step away from screens for recreation.


It's a great opportunity to spend time doing things that don't involve technology, like being active, learning new hobbies, and enjoying family time.

During Screen-Free Week, we encourage students and families to:

-  Play outdoor games or sports
-  Explore nature and enjoy the outdoors
-  Learn a new dance
-  Spend quality time with family, like having a board game night or going for a walk
-  Try a new hobby, like drawing, cooking, or crafting



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Local Health District

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*Good for Kids acknowledge the traditional owners and custodians of the land that we live and work on as the first people of this country, and pay our respects to Elders past and present.*