

Next week is Screen-Free Week

Once again, AWSNA is proud to officially endorse **Screen-Free Week (April 30-May 6)**. This is the annual celebration where children, families, schools, and communities turn off screens and turn on life.

Nationally, children spend far too much time with screens: an astonishing average of 32 hours a week for preschoolers and even more for older children. We all know that ex-

cessive screen time is harmful for children - it's linked to poor school performance, childhood obesity, attention problems, and the erosion of creative play.

Screen-Free Week (formerly TV-Turnoff) is a wonderful way to help children lead healthier, happier lives by reducing dependence on entertainment screen media, including television, video games, computers,

and hand-held devices. By encouraging children and families to unplug, Screen-Free Week provides time for them to play, connect with nature, read, daydream, create, explore, and spend more time with family and friends.

Join with us in working to have a completely free-of-screens week to emphasize the importance of this effort.

Get ready! Here are 101 ideas for Screen-Free Week

1. Learn to play the guitar or other musical instrument.
2. Attend community concerts or listen to a local band.
3. Organize a community cleanup.
4. Visit the library. Borrow a book. Attend library activities.
5. Go ice skating or roller skating.
6. Listen to the radio.
7. Visit the zoo.
8. Paint a picture, a mural, or a room.
9. Find out about your area's community center or park activities.
10. Go swimming. Join a swim team.
11. Read a book aloud to your younger sister or brother.
12. Plan a picnic or barbecue.
13. Go bird watching.
14. Volunteer for a community organization.
15. Jump rope.
16. Make a friendship bracelet.
17. Write a letter to a friend or relative.
18. Bake cookies and bread.
19. Make homemade jam.
20. Plant a flower, vegetable, or herb garden.
21. Read a magazine or newspaper.
22. Plan a slumber party.
23. Become a tutor at your school.
24. Go camping (even if it's just in the backyard!).
25. Join a choir.
26. Go through your closets and clothes. Donate unused items to the Goodwill.
27. Start a journal.
28. Go to a museum.
29. Take a nature hike, collect seeds and leaves, and make a collage with the materials you collect.
30. Play cards.
31. Start an exercise group that walks, runs, or bikes.
32. Sing a favorite song.
33. Get out the family photo album and research your family history.
34. Visit a bookstore.
35. Make crafts to give as gifts.
36. Make up a story and write it down.
37. Learn a new language.
38. As an older relative to tell you a story about his or her childhood and write about it.
39. Play hopscotch with friends.
40. Bake two batches of cookies—one for your family and one for a neighbor.
41. Watch the night sky and identify the constellations.
42. Exercise. Walk to work or school.
43. Start a bowling league.
44. Save money—cancel cable TV.
45. Go fishing.
46. Organize a game of baseball, football, or soccer.
47. Run a relay or sack race.
48. Have an egg toss.
49. Organize a scavenger hunt.
50. Learn yoga.
51. Play board games with your family for friends.
52. Cook dinner with friends or family.
53. Paint a flower pot.
54. Clean up your room/house.
55. Kick a soccer ball.
56. Make up a play with friends.
57. Write a letter to your favorite author.
58. Play with your pet.
59. Do yard work.
60. Construct a kite.

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101 Screen-Free Week Activities (continued)

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| 61. Go on a family trip. | 75. Go for a long walk. | 87. Play freeze tag. |
| 62. Build a fort. | 76. Write a letter to the president or your representative and/or senator. | 88. Play a game of jacks. |
| 63. Play Frisbee. | 77. Tie-dye a shirt. | 89. Learn how to use a compass. |
| 64. In the snow, go sledding and make a snowman. | 78. Make an ant farm. | 90. Learn the metric system. |
| 65. Make a collage from pictures from old magazines. | 79. Make cards for the holidays or birthdays. | 91. Create an obstacle course and invite your friends to try it. |
| 66. Babysit for new parents. | 80. Organize a game of capture the flag. | 92. Play a game of Simon Says. |
| 67. Paint a picture. | 81. Play charades. | 93. Have a conversation. |
| 68. Groom your pet. | 82. Plant a tree or flowers. | 94. Play checkers. |
| 69. Set up a lemonade stand on a hot day. | 83. Have a garden tea part. | 95. Sew a pillow. |
| 70. Shoot hoops with friends and play a round of H.O.R.S.E. | 84. Do a rain dance. | 96. Visit the countryside. |
| 71. Learn to play chess or bridge. | 85. Make a miniature boat and float it in a pond. | 97. Learn some new riddles or jokes. |
| 72. Draw pictures of your family. | 86. Write a letter to your grandparents. | 98. Go dancing. |
| 73. Start a book group. | | 99. Climb a tree. |
| 74. Swap magazines with your friends. | | 100. Watch the sunset |
| | | 101. Have a party to celebrate a screen-free week. |

A Visit from a Waldorf Alumna

The world is full of connections. Dan Goldstein, the former WSB Board president who “built” the Tamarind Building, an Amherst College alumnus, and a lawyer, has a paralegal in his office who is an Amherst graduate as well as a Waldorf alumna. Anna Reid began her Waldorf career at the Washington Waldorf School for kindergarten. During her fourth grade year, her family moved to Boulder, Colorado where Anna attended the Shining Mountain Waldorf School. (More connections ... several years ago, we hosted seniors from the Shining Mountain School for their senior projects.) For high school, Anna attended the Tara Performing Arts High School, a separate Waldorf high school in Boulder. Tara combines a college-prep high school curriculum with intensive performing arts experiences in the afternoons. Anna’s interest was theater, and she loved the intense collaboration

that happened through her theatrical and choral performances at Tara.

For college, Anna was ready to enlarge her world. She enjoyed Amherst where her opportunities and friendships expanded. She did well academically, designing her own major, “Disability, Religion, and the Politics of Justice.” Her Waldorf education taught her how to do everything “from the inside out.” At Waldorf, Anna explained, she learned through having an inner interest and question; the curriculum was structured to provide that. In college, she created her own questions for her college courses—her motivation came not from just seeking high test scores, but from a deeper self-confidence about pursuing what she loved and wanted to explore. She also credits her Waldorf education for giving her the ability to think about and approach

things in creative ways.

Anna met Dan through his work with the National Federation of the Blind. Anna is now considering whether or not to pursue law school; in the meantime, she is looking for ways to immerse herself in teaching or practical work around disability issues. It was fun to meet Anna and to show her around our school. We spent time in the third grade classroom, talking with Carol about the upcoming Farm Trip. Anna’s class at the Washington Waldorf School had been to the Hawthorne Valley Farm for their Farm Trip, too, so there were fun memories and stories to compare.

As long as Anna is in Baltimore, we hope she will visit and join in activities here!

June Fletcher-Hill
Development Manager