

POWER OFF week

I, _____,
pledge that during the week of _____, I will:

1

Watch no TV or DVDs, play no video games, and only use the computer if it's required for a homework assignment

2

Encourage my friends and family to go screen-free

3

Explore new screen-free activities

4

HAVE FUN!

Instead of spending time with screens, I will:

LISTEN TO MUSIC. SHOOT SOME HOOPS.
READ A BOOK. PLAY A BOARD GAME.
MAKE COOKIES. WATCH A BALLGAME.
PLAY FOURSQUARE. VOLUNTEER.
SKATEBOARD WITH FRIENDS.
PLAY HIDE AND GO SEEK.
LISTEN TO MUSIC. HAVE A DANCE PARTY.

What will YOU do
for Power Off week?

Markham Place & Point Road Students:
Will **YOU** take the pledge?
No screens! May 1-5, 2017

Visit efls.org for more information.

