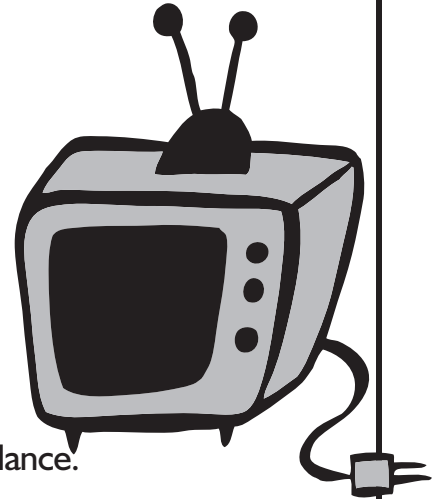


# Unplugged!

**Life is a lot more fun when you join in!  
Try some of these "unplugged" activities  
instead of watching TV.**

Life is a lot more fun when you join in! Try these activities instead of watching TV.

- |   |                                |
|---|--------------------------------|
| ■ Take a walk.                                    | ■ Play a board game.           |
| ■ Ride a bike.                                    | ■ Read a book.                 |
| ■ Go on a nature hike.                            | ■ Play outside.                |
| ■ Put together a jigsaw puzzle.                   | ■ Turn on the music and dance. |
| ■ Go camping (even if it's just in the backyard). | ■ Start a journal.             |
| ■ Go to a school sporting event.                  |                                |



**Useful Web Pages:**  
[www.turnoffyourtv.com](http://www.turnoffyourtv.com)  
[www.screentime.org](http://www.screentime.org)  
[www.cmch.tv](http://www.cmch.tv)

## INTERESTING FACTS ABOUT TV

- Number of minutes per week that parents spend in meaningful conversation with their children: 38.5
- Number of minutes per week that the average child watches television: 1,680
- Number of 30-second commercials seen in a year by an average child: 20,000
- Percentage of children ages 6-17 who have TVs in their bedrooms: 50%
- Percentage of childcare centers that use TV during a typical day: 70%
- Hours per year the average American youth spends in school: 900 hours
- Hours per year the average American youth watches television: 1500 hours
- Percentage of Americans that regularly watch television while eating dinner: 66%

— [www.turnoffyourtv.com](http://www.turnoffyourtv.com)