Did You Know...

- The average parent spends 38.5 minutes of meaningful conversation with their children per week.
- By the time children enter kindergarten, they will have seen 4,000 hours of TV.
- The average child sees 20,000 advertisements a year.
- By the end of elementary school, children will have witnessed an average of 8,000 murders and 100,000 other violent acts.

Media Violence...

- causes an increase in mean-spirited, aggressive behavior.
- causes increased levels of fearfulness, mistrust, and self-protective behavior toward others.
- contributes to desensitization and callousness to the effects of violence and the suffering of others.
- provides violent heroes whom children seek to emulate.
- provides justification for resorting to violence when children think they are right.
- creates an increasing appetite for viewing more violence and more extreme violence.
- fosters a culture in which disrespectful behavior becomes a legitimate way for people to treat each other.

Facts included in this brochure are taken from the TV Turnoff Network, the American Medical Association, and the American Psychological Association.

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www.lassencoe.org.
1. Put on music and dance.
2. Tell a story to your parents.
3. Paint with watercolors.
4. Invite friends over.
5. Have your child pretend read a book to you.
6. Make up shared stories and have parents write them down.
7. Tell a story from a family photo and have parents write it down.
8. Make cookies to share with friends.
9. Make a healthy snack.
10. Encourage dramatic play activities by providing props (shoe store, doctor, pet store, etc.).
11. Hide something and then try to find it (You’re getting hot, cold!).
13. Make crafts to give as gifts.
14. Work a puzzle together.
15. Make a bird feeder with a pinecone, peanut butter and bird seed.
16. Teach a child some of your favorite childhood games.
17. Study sign language.
18. Dress up in adult clothing.
20. Play a puzzle together.
21. Make cards for holidays or birthdays. Make new greeting cards from old ones.
22. Have a family game night, learn to play dominos or checkers.
23. Play charades, Simon Says, or Mother May I.
24. Have an adult help you iron leaves between wax paper/decorate windows.
25. Make a bird feeder with a pinecone, peanut butter and bird seed.
26. Make musical instruments from household items.
27. Put up a hummingbird feeder and write down what you see.
28. Play games with friends.
29. Learn to make a friendship bracelet.
30. Draw pictures of members of your family.
31. Bake cookies or cupcakes and have a tea party.
32. Make cereal and lifesaver necklaces.
33. Make activities offered through the Parks and Rec Dept.
34. Make bubbles and blow them.
35. Make peanut butter play dough and eat when finished.
36. Build a playhouse out of a cardboard box.
37. Research your family history and create a family tree.
38. Draw and color a picture with a parent.
39. Measure things and write down measurements.
40. Clean-up and redecorate your room.
41. Make costumes from household items and have a parade.
42. Create a collage of pictures from old magazines.
43. Go on a family scavenger hunt.
44. Build an Ivory soap boat and float it on water.
45. Write a letter to a friend or relative. Make a special card.
46. Start or update a family scrapbook.
47. Make cereal and lifesaver necklaces.
48. Create sidewalk art with chalk.
49. Make a family activity calendar to plan your turn off the TV time.
50. Design a “Turn on Life” poster to tape across your TV during family turn off the TV time.
51. Have a party to celebrate turning off the TV and other screened media.