

Name \_\_\_\_\_ Date \_\_\_\_\_

# Instead of Watching TV

Directions: There are lots of things you can do this week instead of watching TV. Read through the list of ideas below with your family. Each time you do one of these tasks in place of watching TV, color the star.

 <p>Read a book.</p>	 <p>Listen to the radio.</p>	 <p>Play outside.</p>	 <p>Play a board game.</p>
 <p>Write a letter.</p>	 <p>Help your family prepare dinner.</p>	 <p>Do something thoughtful for someone you care about.</p>	 <p>Color or draw.</p>
 <p>Make a craft.</p>	 <p>Take a walk as a family.</p>	 <p>Play with something you haven't used in a while.</p>	 <p>Put on a skit or play for your family.</p>