

10 ALTERNATIVES TO WATCHING TELEVISION, COMPUTERS AND ELECTRONIC GAMES:

1. **Scavenger Hunt.** Create a list of items your child will likely find on a scavenger hunt either inside or outside of the house. Provide the list (with pictures to help non-readers) and let them have fun.
2. **Feed The Birds.** Hang a bird feeder outside a window where your child can see the birds and squirrels. For older children, they can keep a log of birds making their way back to the area. An easy bird feeder can be made from milk cartons that have been carefully cleaned.
3. **“Dancing With The Stars”.** Let your child be the “star” and put some music on for dancing fun.
4. **Take a hike,** walk or bike. Do anything outdoors.
5. **Explore your community.** Choose a new place in your community to explore and learn. Warren County offers numerous historical places to learn about our past.
6. **Read A Book.** Visit your local library for story time or start a book club for your child. Book clubs are fun at any age. Choose a book that everyone can read and get together for discussion, friendship and fun.
7. **Hobbies.** Do you have a hobby that you can share with your child or has your child always wanted to take up a hobby?
8. **Game Night.** Pick a night and get out the board games for some good old fashioned family fun.
9. **Volunteer.** Get together as a family and decide to help out in the community. Picking up trash in a local park, cooking for the soup kitchen, participate in a walk or run to raise money for a cause you believe in.
10. **Daydream and get bored!** This is when we use our imagination. Let your brain go wild and create its own stories and tales. Some daydreams you may want to write down, after all, all the great artists, writers, actors, musicians had to have time to create-and so do your kids!

Power Down-Dream Big