

EDUCATIONAL SUPPORT TEAM UPDATE

MAY/JUNE 2021

Provided By: Saint Vincent College Prevention Projects
SVCPP mailing address:
300 Fraser Purchase Road, Latrobe, PA 15650
Phone: 724-805-2050
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Saint Vincent College Prevention Projects is funded by the Westmoreland Drug and Alcohol Commission, Inc. through a grant from the Pennsylvania Department of Drug and Alcohol Programs.



K-12 SAP Trainings & SAP Thematic Workshops

K-12 SAP TRAININGS are held at The Conference Center, Saint Vincent College. **Dates:** May 18,19,20, 2021; September 7, 8, 9, 2021; December 7, 8, 9, 2021. The Training is designed for new members of either a secondary or elementary S.A.P. team. This is also appropriate for Mental Health and Drug and Alcohol Treatment Staff and School-Based Probation Officers who have been assigned the role of "ad hoc" S.A.P. team members. Those individuals needing to make up a training session from a prior training will be able to complete those requirements at this training. For additional information or to register, please call Saint Vincent College Prevention Projects at 724-805-2050.

SAP Thematic Workshops: May 11, 2021

Awareness Days

You can easily take advantage of special events to raise awareness of an important issue or cause. **Here are a few up-coming events for the next several months:**

May/June Awareness Days & Events



National Mental Health Month (May)—<https://www.nami.org/Get-Involved/Awareness-Events/Mental-Health-Awareness-Month>

Screen Free Week (May 4-10)—<https://www.screenfree.org/>

National Children's Mental Health Awareness Day (May 6)—<https://www.ffcmh.org/awarenessweek>

National Prevention Awareness Week (May 10-16)—<https://www.samhsa.gov/prevention-week/about>

National Alcohol-and other drug-related birth defects awareness week (May 12-18)—[https://www.dhd10.org/public-health-matters/national-alcohol-drug-related-birth-defects-awareness-week/#:~:text=a%20service...-National%20Alcohol%20and%20Other%20Drug%20Related%20Birth%20Defects,Week%20\(May%2013%2019\)](https://www.dhd10.org/public-health-matters/national-alcohol-drug-related-birth-defects-awareness-week/#:~:text=a%20service...-National%20Alcohol%20and%20Other%20Drug%20Related%20Birth%20Defects,Week%20(May%2013%2019))

World NO Tobacco Day (May 31)—<https://nationaltoday.com/world-no-tobacco-day/>

TRAININGS OF INTEREST...

SPRING THEMATIC WORKSHOP– May 11, 2021– This training will highlight SAP Team Best Practices to include: Rachel's Challenge, Evolution of a SAP Team, and School Climate Change-Choosing Love. We will also have Erica Usher presenting Social Development Strategies. The Thematic Announcement will be coming so "stay tuned." It will be virtual and cost is \$15.00. For more information or to register, please call the Saint Vincent College Prevention Projects at 724-805-2050. Act 48 credits will be given.

K-12 SAP TRAINING—MAY 18, 19, 20, 2021. **Training location will be at Adelphi in Latrobe.** Training is designed for new members of either a secondary or elementary S.A.P. team who have not completed the initial training with their team. This is also appropriate for Mental Health and Drug and Alcohol Treatment staff and school-based probation officers who have been assigned the role of "ad hoc" S.A.P. team members. Those individuals needing to make up a training session from a prior training will be able to complete those requirements at this training. For information or to register, please call the Saint Vincent College Prevention Projects at 724-805-2050.

Act 71 Youth Suicide Awareness and Prevention and Child Exploitation Awareness Education

On June 26, 2014, Act 71 was signed into law in Pennsylvania. This law, which added section 1526 of the School Code, 24 PS § 15-1526, specifically requires school entities to: (1) adopt a youth suicide awareness and prevention policy; and (2) provide ongoing professional development in youth suicide awareness and prevention for professional educators in building serving students in grades 6-12. Additionally, section 1526 specifically permits school entities to incorporate curriculum on this topic into their instructional programs pursuant to their youth suicide awareness and prevention policies.

2021 marks the new cycle where school district employees must attain 4 hours of Suicide Awareness Professional Development within the next 5 years (2026). A list of trainings can be found at: <https://www.preventsuicidepa.org/trainings/all-trainings/>.

Prevent Suicide PA has announced the high school student winners and honorable mentions for their 2021 PSA Contest for Youth Suicide Prevention.

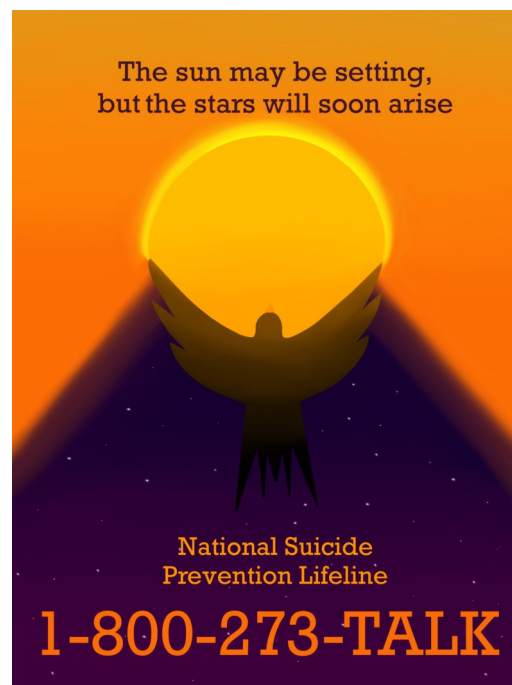
The categories for the contest included

- posters
- 30-second audio clips, 30-second video clips
- 60-second video clips.

All PSAs are available for public use and can be accessed on the Prevent Suicide PA website at <http://psa.preventsuicidepa.org/2021-2/>.

Additionally, all winners and honorable mentions from past years of the contest are available at <http://psa.preventsuicidepa.org/>.

Prevent Suicide PA plans to honor the student winners this spring.



TRAININGS OF INTEREST...

CSAY'S

Paws for Prevention

DOG WALK

- Contests
- Food Trucks
- Animal Shelters
- Dog Related Vendors
- Prizes
- Resources
- Photos with your Best Friend

<https://www.surveymonkey.com/r/PAWSforPreventionRegistration>

Benefits Council on Substance Abuse and Youth (CSAY)...helping to create positive change in our communities.

For more information, please contact sopalinski@wedacinc.org. Go to www.surveymonkey.com/r/PAWSforPreventionRegistration

Saturday, May 22, 2021
Mammoth Park
Pavilion 11
11:00 AM to 3:00PM

Online Registration: \$18
At the Event: \$20

T-shirt and Dog Bandana, included with registration

PRIZES

FUN



Westmoreland Drug and Alcohol Commission Announcement

Upcoming Westmoreland County National Night Out Events

Tuesday, August 3, 2021
 Frick Park, Mt. Pleasant
 Time TBD



Wednesday, August 4, 2021
 Northmoreland County Park
 5:30pm-Dusk



Saturday, October 16, 2021
 Monessen City Park
 2:00pm-5:00pm

Save the Date

SPROUT
CENTER FOR EMOTIONAL GROWTH
AND DEVELOPMENT, LLC

Attachment: A Deep Dive into the Parent-Child Relationship

Presented by

Sprout Center for Emotional Growth and Development
For Westmoreland County Families and Providers

Free & Virtual training will offer an understanding of parent-child attachment, health/unhealthy indicators, developmental considerations, supporting families, and services/resources.

Objectives include:

- Understanding of Attachment and it's importance.
- Historical context of attachment study.
- Developmental considerations and unhealthy attachment symptoms.
- Supporting families.

Registration

Participant's Name: _____

Address: _____

Phone #: _____ **Email:** _____

Agency: _____ **Job Title:** _____

Are you requesting CEUs? Yes ☐ No ☐ **Current License** _____

This program is offered for three (3) CE hours of social work continuing education through co-sponsorship of the University of Pittsburgh's School of Social Work, a Council on Social Work Education accredited school and therefore a PA pre-approved provider of social work continuing education. These credit hours satisfy requirements for LSW/LCSW, LMFT, and LPC biennial license renewal. For more information on social work continuing education, call (412) 346-8044.

A post test and evaluation will be required for those requesting CEUs.

Training date preferred: ☐ **May 17, 9:00 a.m.—12:00 p.m.**

☐ **May 24, 9:00 a.m.—12:00 p.m.**



Registration deadline is April 30, 2021.

Email or Fax Registration to Rachel Snow

snowr@westmoreland.swsix.com

Fax: (724) 830-3571

<https://www.co.westmoreland.pa.us/FormCenter/BHDS-34/Virtual-Training-Deep-Dive-into-the-Pare-154>

Zoom meeting information will be sent after registration.

Funded through the Office of Mental Health and Substance Abuse Services' Community Mental Health Services Block Grant & coordinated by the Healthy Families Committee, Westmoreland County BHDS.



pennsylvania
DEPARTMENT OF HUMAN SERVICES

Saint Vincent College Prevention Projects

Training Offerings rev. 1/2021



40 Developmental Assets – Presentation explores risks and assets and prepares the participant to utilize the 40 developmental assets in the work environment.

Methamphetamine — Examines the dangers of methamphetamine use and consequences.

Cultural Competencies for 2021 – Explores cultural bias with students and faculty within your school building through small group activities focusing on: LBGTQ, poverty, no time off, classism, and communicating cross-culturally: What teachers need to know. This training can be geared to address the needs of your school building.

Current Drug and Alcohol Trends – Learn about the current drug and alcohol trends in the western Pennsylvania Region. This training is appropriate for administrators, educator and other school personnel.

Vaping, What We Know So Far—Explores the youth vaping explosion and potential outcomes

Prevention Education, what is happening in prevention – This tailor-made presentation will deliver evidence based – researched tools and strategies that can be implemented in working school age students.

SAP Team Maintenance – Specialized training for existing SAP teams

Power of Parents (Underage drinking, sponsored by MADD) – This presentation is designed for Parents. Parents will learn strategies for dealing with youth drinking and driving.

Impact Teen Drivers — SVCPP certified trainers* presentations designed for students, explores the dangers of distracted driving and potential consequences.

Self-Care and Resiliency — Active training* This is a physical, self -care and defensive strategy training which can be staff or student focused.

Utilizing Data in Prevention Decision Making – Presentation focuses on the current PAYS Pennsylvania Youth Survey 2020. Participants will learn details and trends found in the most recent survey. This training can be tailored to focus on a specific school district's data and is appropriate for school board members and administrators.

Gambling Education Awareness – Speaking Engagements to raise awareness on the variety of gambling methods, of the harmful effects of gambling and problem gambling behaviors. Presentations and materials adapted for the specific audience being addressed.

Secrets of a Teenage Bedroom – This interactive training explores a teenage bedroom and helps parents identify potential problems. Can be set up as a demonstration or delivered virtually. This program is designed for ADULTS only.

Parents 360 – Participants will learn of the dangers of prescription drug abuse. Additionally, adults will learn of interventions to help students avoid the pitfalls.

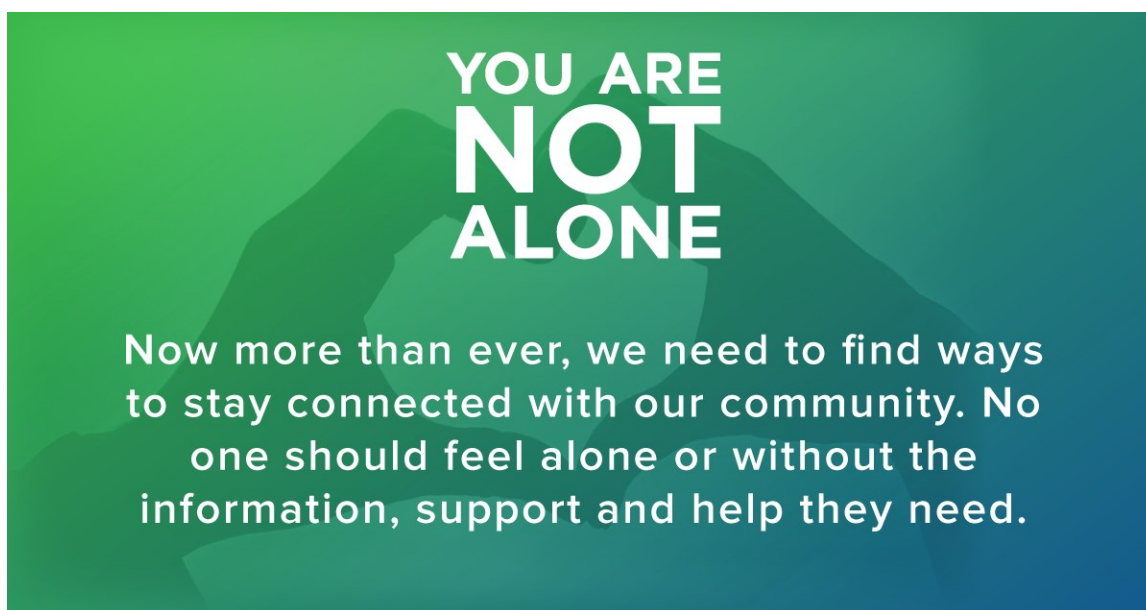
Student Assistance Program Overview— Presentation to provide an understanding of the SAP referral process and various components of this program, such as the role of parents/caregivers and service options. This training is appropriate for parents/caregivers, general community members, school board members, and school personnel.

Youth Mental Health: A SAP Perspective— Interactive presentation educating school personnel on observable behaviors associated with commonly diagnosed youth mental health diagnoses. This presentation also includes youth suicide awareness and how SAP can be a support to these youth.

To schedule a training contact the Prevention Projects at 724-805-2050. Other topics of interest can be discussed to address a specific need.

EVENTS OF INTEREST...

MAY IS MENTAL HEALTH AWARENESS MONTH



For 2021's Mental Health Awareness Month NAMI will continue to amplify the message of "You Are Not Alone." We will use this time to focus on the healing value of connecting in safe ways, prioritizing mental health and acknowledging that it's okay to not be okay through NAMI's blog, personal stories, videos, digital toolkits, social media engagements and national events.

Together, we can realize our shared vision of a nation where anyone affected by mental illness can get the appropriate support and quality of care to live healthy, fulfilling lives — a nation where **no one feels alone** in their struggle.

PARTNER RESOURCES

2021 Awareness Event Guide for May's Mental Health Awareness Month.

<https://www.nami.org/getattachment/Get-Involved/Awareness-Events/Partners-and-Events/YANA2021-Partner-Guide.pdf>

SHARE YOUR STORY

Throughout the month, we will feature personal stories from real people experiencing mental health conditions. By reading about lived experience, we aim to make people feel less alone in their mental health journeys and increase awareness about mental illness.

<https://www.nami.org/Get-Involved/Awareness-Events/Mental-Health-Awareness-Month/Share-Your-Story>

Info from: <https://www.nami.org/Get-Involved/Awareness-Events/Mental-Health-Awareness-Month>

TOPICS OF INTEREST...

Children's Mental Health Awareness Week 2021



Children's Mental Health Awareness Week - May 2nd through 8th, 2021 Save the date and join the conversation!

As we focus on the emotional wellbeing of children and youth during Children's Mental Health Awareness Week (CMHAW), we see this as an opportunity to change hearts, minds, and attitudes regarding mental health. To that end, the 2021 Children's Mental Health Awareness Week theme is "Flip the Script on Mental Health."

Addressing the mental health needs of children is the responsibility of all community members. Children and youth learn from their parents, caregivers, family members, teachers, doctors – the adults they are taught to respect and rely on. In these roles, we impact how children and youth think about and care for their own mental health and how they treat others who have mental health challenges. We have our work cut out for us. Now is the time to shape a brighter, healthier future for the next generation.

This CMHAW, we hope to educate individuals and communities about the importance of teaching children and youth:

1. That caring for their mental health is a vital part of living a healthy, fulfilling life.
2. That experiencing mental health challenges during their lifetime is not uncommon (1 in 5) and that it is not just ok, but it is important, to ask for help when they do.
3. To offer acceptance, support and respect for others who have mental health challenges in their lives and communities.

Join the Green Ribbon Campaign!

The Green Ribbon Campaign is part of our social marketing and awareness efforts.

This inspirational campaign allows us to celebrate children and provide hope and unity

throughout the children's mental health arena and the family movement. It also spreads awareness about our cause.



TOPICS OF INTEREST...

National Alcohol and Other Drug-Related Birth Defects Awareness Week

May 13-19, 2021



Awareness and Prevention of Substance-Related Birth Defects

Raising awareness about alcohol and drug-related birth defects is extremely important.

One of the many challenges in studying these issues is the guilt many women feel after giving birth and having their child diagnosed with FAS or a lesser neurological birth defect related to alcohol or drug consumption.

Prevention is vital, but even that messaging comes with controversy.

The Centers for Disease Control and Prevention (CDC), in 2016, released a statement recommending that sexually active women who are not using birth control should not drink alcohol at all.

The federal agency was immediately criticized, with some women saying the statement was less than practical and even insulting.

“We’re really all about empowering women to make good choices and to give them the best information we can so they can decide what they want to do themselves,” Dr. Anne Schuchat, principal deputy director at the CDC, said in response to the backlash.

At particularly high risk for drug and alcohol abuse during pregnancy are women struggling with substance abuse. Seeking alcohol rehab treatment is a sensible and healthy choice for any woman battling these issues, especially those planning to have a child in the future.

During Alcohol and Drug-Related Birth Defects Awareness Week, take the opportunity to learn more about these issues.

Education is key in preventing fetal alcohol syndrome and related birth defects. It also decreases the stigma related to substance abuse and allows those who need it the most, to ask for help.

Why is Alcohol and Drug Use Common During Pregnancy?

According to NCADD, most women will not know they’re pregnant until four to six weeks into the term, at which point prenatal alcohol or drug consumption may have already done damage to the fetus. The national council reports the following data:

- ◆ 20 percent of pregnant women in the U.S. – around 1 million – smoke cigarettes
- ◆ 18 percent of women – about 750,000 – drink alcohol while pregnant
- ◆ 6 percent of women – an estimated 225,000 – use illicit drugs at least once during pregnancy

The most serious outcome for unborn children is Fetal Alcohol Syndrome (FAS) and other-alcohol related disorders that may lead to a spectrum of psychological, cognitive, behavioral and developmental problems that can last for a child’s lifetime.



Purpose of National Prevention Week

The three primary goals of **National Prevention Week** are to:

- Involve **communities** in raising awareness of substance use and mental health issues and in implementing prevention strategies, and showcasing effectiveness of evidence-based prevention programs;
- Foster **partnerships and collaborations** with federal agencies and national organizations dedicated to improving public health; and
- Promote and disseminate quality **substance use prevention** and **mental health promotion resources and publications**

Each year, National Prevention Week includes daily themes to focus on major substance use and mental health topics. The 2021 daily themes are:

Monday, May 10: Preventing Prescription Drug and Opioid Misuse

Tuesday, May 11: Preventing Underage Drinking and Alcohol Misuse

Wednesday, May 12: Preventing Illicit Drug Use and Youth Marijuana Use

Thursday, May 13: Preventing Youth Tobacco Use (E-Cigarettes and Vaping)

Friday, May 14: Preventing Suicide



The timing of National Prevention Week still provides a timely opportunity for schools and organizations to host prevention-themed events and activities before the school year ends, raising awareness about this important issue among students and their families. These are key periods of social transitions, a risk factor for youth substance use, and an opportunity to develop or strengthen the community, school, and family bonds that protect young people from substance use and strengthen community health overall.



World No Tobacco Day – May 31, 2021

Each year, the World Health Organization (WHO) holds World No Tobacco Day on May 31. Their goal is to spread awareness about the risks of tobacco use and how we can make the world tobacco free. Roughly 6 million people die from tobacco-related ailments every year. And that number is projected to rise to over 8 million by 2030. But this is by no means a guarantee. The Sustainable Development Agenda aims to reduce deaths from noninfectious diseases by a third. Diseases linked to tobacco are on the list, so if we hit the target, 2030 will be a year to celebrate (oh yea!)—not only for our health, but the size of our wallets. Your average smoker drops around \$4,000 on cigarettes annually. Imagine all of the other cool holidays you could enjoy with that money (we have a few suggestions, just saying). So let's use World No Tobacco Day as a launching pad to a brighter and less smokey future!

Educate the youth

As they say, the best way to quit smoking is to never start. So try and encourage young people around you to avoid the habit altogether. Depending on where you live, there might be a march or some public demonstrations. Maybe you can design a cool poster to help promote them. Better yet, hold a contest to see who can create the best anti-smoking poster. Teenagers can be a bit mischievous, so you'll want to clearly define what's "appropriate" before they hit you with the final reveal.

Info from: <https://nationaltoday.com/world-no-tobacco-day/>



The secret's out.

If your product killed **8 million** people each year,
you'd also target a new generation.

World No Tobacco Day

May 31 2021



TOPICS OF INTEREST...

HEALTH & WELLNESS 2021 AWARENESS CALENDAR

JAN

Cervical Health Awareness Month
National Birth Defects Prevention Month
National Glaucoma Awareness Month
Thyroid Awareness Month

MAR

Bleeding Disorders Awareness Month
National Colorectal Cancer Awareness Month
National Endometriosis Awareness Month
National Kidney Month
Multiple Sclerosis Education Month

MAY

Arthritis Awareness Month
National Stroke Awareness Month
ALS Awareness Month
National Celiac Disease Awareness Month
Brain Tumor Awareness
Healthy Vision Month
National Asthma and Allergy Awareness Month

JUL

Cord Blood Awareness Month
Juvenile Arthritis Awareness Month
National Cleft & Craniofacial Awareness & Prevention Month

SEP

Childhood Cancer Awareness Month
National Atrial Fibrillation Awareness Month
National Food Safety Education Month
National Recovery Month
National ITP Awareness Month
Healthy Aging ® Month
National Childhood Obesity Awareness Month

NOV

American Diabetes Month
COPD Awareness Month
Diabetic Eye Disease Month
Lung Cancer Awareness Month
National Alzheimer's Disease Awareness Month

FEB

American Heart Month
National Children's Dental Health Month
AMD/Low Vision Awareness Month
National Children's Dental Health Month
Teen Dating Violence Awareness Month

APR

Alcohol Awareness Month
Irritable Bowel Syndrome Awareness Month
National Autism Awareness Month
National Child Abuse Prevention Month
National Donate Life Month
National Distracted Driving Awareness Month
Oral Cancer Awareness Month

JUN

Cataract Awareness Month
Alzheimer's & Brain Awareness Month
Men's Health Month
National Migraine and Headache Awareness Month
National Safety Month
Hernia Awareness Month

AUG

Children's Eye Health and Safety Month
National Breastfeeding Month
National Immunization Awareness Month
Psoriasis Awareness Month

OCT

Eye Injury Prevention Month
Health Literacy Month
National Breast Cancer Awareness Month
National Bullying Prevention Month
National Physical Therapy Month
National Down Syndrome Awareness Month

DEC

World AIDS Day
National Influenza Vaccination Week
Crohn's and Colitis Awareness Week

2021 www.MediaTracks.com Source: National Health Observances - www.Healthfinder.gov



MEDIATRACKS
COMMUNICATIONS

Westmoreland County Contact Info



1200 Maronda Way, Suite 300, Monessen, PA

724-243-2220

Hours: Monday-Friday 8:00 AM – 4:30 PM

<http://wedacinc.org>

Westmoreland County
Behavioral Health and Developmental Services

First Floor Suite 110
40 N Pennsylvania Ave
Greensburg, PA 15601
724-830-3617

<http://www.co.westmoreland.pa.us/>**Southwestern Pennsylvania Human Services, Inc.**

203 S Maple Ave, Greensburg, PA 15601

724-834-0420

Hours: Monday-Thursday 8:30am-9:00pm
Friday 8:30am-5:00pm

<http://www.sphs.org>**GatewayRehab**

Addiction Recovery & Self Renewal

212 Outlet Way, Suite 1, Greensburg, PA

724-853-7300

Hours: Mon.-Thurs. 8:30 AM—9:15 PM
Friday 8:30 AM—5:00 PM

<http://www.gatewayrehab.org>**SVC Prevention Projects**

Laurel Sherbondy
Donna Cartia

724-805-2050
724-805-2050



Greenbriar Treatment Center
Restoring Hope... Recovering Lives

701 Fourth Avenue, New Kensington, PA
724-339-7180

AVAILABLE SERVICES FROM SVCPP:

LOOK FOR THE
SAINT VINCENT COLLEGE PREVENTION PROJECTS
AT MANY SCHOOL EVENTS THROUGHOUT WESTMORELAND COUNTY

Lunch and Learn Presentations

Presentations are available to your community group, business or organization at minimal cost or FREE. Topics include: Current Drug Trends, Power of Parents, Gambling/Gaming Awareness, Responsible Gambling, Talking with your Kids, and The Dangers of Underage Drinking.

RADAR (Free Materials)**Regional Alcohol/Drug Awareness Resource, information Center**

The Saint Vincent College Prevention Projects provides free materials (pamphlets, brochures, posters, etc.) to schools, organizations, community groups, and to the general public on various topics that include: alcohol, tobacco, drugs, violence prevention, child guidance, and medications and the elderly.

To schedule a program for your business, school or organization, please contact Beth Joseph, Prevention Education & Community Outreach Services Manager at Saint Vincent College Prevention Projects at 724-805-2050 or email beth.joseph@stvincent.edu

Let's Make the Connection - PARENT PAGE
PLEASE SHARE—HELPFUL INFORMATION

Start Your Summer Screen-Time Rules Now!

Nip screen-time excesses in the bud with summer screen rules that start today. By Caroline Knorr

For some kids, summer means getting on the computer and not getting off 'til September. And even though a lot of parents relax their screen limits over the break, allowing a full-on hibernation is just not gonna happen. And it shouldn't. Kids need to get outside, of course. But they also need to stretch themselves in ways that they can't during the school year -- and that no app, game, or streaming TV show, no matter how educational and meaningful, can give them.

The slide into the summer-screen abyss often happens innocently, before parents even catch on. Your kid starts streaming *Star Trek: The Next Generation* on Netflix -- and then won't leave the house until he's binge-watched every episode. Or maybe they're hooked on Minecraft, Roblox, or another play-as-you-go game that provides endless learning opportunities -- but turns out to be just ... endless.



As you're mapping out your summer, don't ban screen devices entirely. Not only do they offer entertainment, but they also offer learning opportunities and a chance to stay in touch with friends. Set reasonable limits that allow for family time and other important activities, and incorporate media and tech in ways that bring the family together. Try these ideas:

- Create a family media plan. Sit down with your kids and work out a weekly plan that includes activities such as camps, trips, and events as well as media and tech time. If you're traveling, talk about whether to bring devices and when and how much they can be used. Use the American Academy of Pediatrics' Family Media Plan Tool and Media Time Calculator to create a customized schedule.
- Want Wi-Fi? This requires a little effort but it's worth it. Every night before bed, change your home Wi-Fi password. In the morning, leave a note for your kids that lists their chores and responsibilities for the day. When they're finished with the stuff they need to do, they can have the day's password.
- Tell ghost stories every night. Combine the summer tradition of ghost stories around the campfire with the proven benefits of summer reading, and you have a win-win. We guarantee your kids will be happy to ditch the devices for their nightly spooky-story fix. Check out our Best Ghost Stories books, or feel free to make up your own. You'll have to improvise on the campfire.
- Nix devices at meals. During the school year, it makes sense that kids would occasionally need devices at the table to finish homework. But summer's different. Use device-free-dinners to bond in a way that you don't always have time for when you're rushing to get schoolwork done and put the kids to bed at a reasonable hour.
- Get outside ... with apps. These apps let you have your cake and eat it, too. From nature adventures to stargazing to geocaching to physical fitness, the app-outdoor combo provides inspiration for family fun.

Info from: <https://www.commonsensemedia.org/blog/start-your-summer-screen-time-rules-now>

IOI SCREEN-FREE ACTIVITIES

At Home

1. Listen to the radio.
2. Write an article or story.
3. Paint a picture, a mural or a room.
4. Write to the President, your Representative, or Senators.
5. Read a book. Read to someone else.
6. Learn to change the oil or tire on a car. Fix something.
7. Write a letter to a friend or relative.
8. Make cookies, bread or jam and share with a neighbor.
9. Read magazines or newspapers. Swap them with friends.
10. Go through your closets and donate items to Goodwill, the Salvation Army, or a local rummage sale. Have a garage sale.
11. Start a diary/journal.
12. Play cards.
13. Make crafts to give as gifts. Try a new craft.
14. Do a crossword puzzle or play Sudoku.
15. Save money: cancel your cable TV!
16. Learn about a different culture. Have an international dinner.
17. Teach a child some of your favorite childhood games.
18. Study sign language.
19. Write a letter to your favorite author.
20. Cook dinner with friends or family.
21. Make cards for holidays or birthdays.
22. Play chess, bridge, or checkers.
23. Play charades.
24. Have a cup of coffee and a conversation.
25. Repair or refinish a piece of furniture.
26. Make a wooden flower box.
27. Wake up early and make pancakes.
28. Read a favorite poem. Read poems by poets new to you
29. Learn about native trees and flowers in your area.
30. Plan a picnic or barbecue.
31. Go bird watching. Learn the names of local birds.
32. Walk the dog. Wash the dog.
33. Plant a garden. Work in your garden.
34. Take a nature hike.
35. Feed fish or birds.
36. Watch the night sky through binoculars and identify different constellations. Observe the moon.
37. Learn to use a compass.
38. Take photographs and then organize them into an album.
39. Do yard work.
40. Go camping.
41. Take an early morning walk.
42. Climb a tree.
43. Watch a sunset; watch the sunrise with a friend.

Around Town

44. Attend a community concert. Listen to a local band.
45. Visit the library. Borrow some books.
46. Visit a local bookstore.
47. Visit the zoo.
48. Visit the countryside or town. Travel by bus or train.
49. Attend a religious service.
50. Go to a museum.

TOPICS OF INTEREST...

51. Walk to work or school.

52. Attend a live sports event.

53. Look for treasures at a yard sale.

54. Try out for a play. Attend a play.

55. Collect recycling and drop it off at a recycling center.

56. Learn to play a musical instrument.

On the Move

57. Go roller skating or ice skating.

58. Go swimming. Join a community swim team.

59. Start a community group that walks, runs or bikes.

60. Organize a game of touch football, baseball, or softball in the local park.

61. Go for a bicycle ride.

62. Learn yoga.

63. Play soccer, softball or volleyball.

64. Play Frisbee.

65. Workout.

66. Go dancing. Take a dance class.

In Your Community

67. Organize a community clean-up or volunteer for charity.

68. Become a tutor.

69. Join a choir. Sing!

70. Start a bowling team.

71. Visit and get to know your neighbors.

72. Start a fiction or public policy book group.

With the Kids

73. Make paper bag costumes and have a parade.

74. Design a poster for Screen- Free Week.

75. Discover your community center or local park activities.

76. Blow bubbles.

77. Draw family portraits.

78. Build a fort in the living room and camp out.

79. Research your family history. Make a family tree.

80. Invent a new game and teach it to your friends.

81. Make a sign to tape across the TV during Screen-Free Week.

82. Play hopscotch, hide & seek, or freeze-tag.

83. Organize a neighborhood scavenger hunt.

84. Play board games with family and friends.

85. Clean up or redecorate your room.

86. Make puppets out of old socks and have a puppet show.

87. Write a play with friends. Perform it at a nursing home.

88. Construct a kite. Fly it.

89. Go on a family trip or historical excursion.

90. If it's snowing, go sledding or make a snowman.

91. Create a collage out of old magazine pictures.

92. Shoot hoops with friends. Play a round of H.O.R.S.E.

93. Make a friendship bracelet.

94. Create a cookbook with all your favorite recipes.

95. Tell stories around a campfire.

96. Plan a slumber party.

97. Bake cakes or cookies and invite friends for a tea party.

98. Construct a miniature boat and float it on water.

99. Write a letter to your grandparents. Make a special card.

100. Create sidewalk art with chalk.

101. Everyone! Have a huge party to celebrate a Screen-Free Week!

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