

The TV Is Off! So Now What?

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If you have made a conscious effort to limit your family's TV viewing, you may be wondering what you're going to do with all of the free time that you will have! Parents just like you have been very creative when coming up with activities to do when the TV is off. To help jump-start you in this area, here is a list of ideas for you and your family to consider.

At Home

1. Read a book or read to someone else.
2. Paint a picture, a mural or a room.
3. Play dress up and put on your own play.
4. Write a letter to a friend or relative.
5. Make cookies, bread or jam and then share with a neighbor.
6. Read magazines or newspapers.
7. Go through the closets and select items to give to charity.
8. Play a music CD and sing along.
9. Write in a journal.
10. Make crafts to give as gifts.

11. Begin a family prayer journal. Write and illustrate prayer requests and answers. Choose a time every day to pray together.
12. Play table games such as checkers, dominoes or Chutes and Ladders.
13. Memorize a Bible verse every day.
14. Play charades.
15. Read and memorize a favorite poem or song.

Outdoors

1. Organize a picnic or barbecue.
2. Create a playhouse out of cardboard boxes.
3. Play baseball, basketball or soccer.
4. Plant and tend a garden.
5. Do yard work.
6. Go camping, hiking, roller-skating, ice-skating or biking.
7. Walk or wash the dog.
8. Look at the stars at night, learn the constellations and thank God for the wonderful world He created.
9. Create sidewalk art with chalk.

Around Town

1. Attend a local concert.
2. Visit the library and check out some books.
3. Visit a local bookstore.
4. Visit the zoo.
5. Attend a sports event.
6. Look for treasures at a yard sale.
7. Volunteer at a local food pantry or homeless shelter.
8. Do yard work or maintenance at your church.
9. Take lessons on a musical instrument.
10. Go to a museum.
11. Construct and fly a kite.
12. Visit and get to know your neighbors. Especially be aware of neighbors who could use help with yard work, home repairs or meals.

Memorize a Bible
verse every day

A Challenge to You

1. Try to go a week without watching TV. A good time to begin a TV-free week is when you are on vacation. Expect some resistance, but hang in there!
2. Pick a few activities from the above lists to do during the upcoming week.
3. Add some additional ideas to the above lists and post them for everyone to see.