

100 SCREEN- FREE WAYS

to beat
BOREDOM!

Kris Hirschmann

Illustrated by Elisa Paganelli

★ ★ ★
100

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BARRON'S

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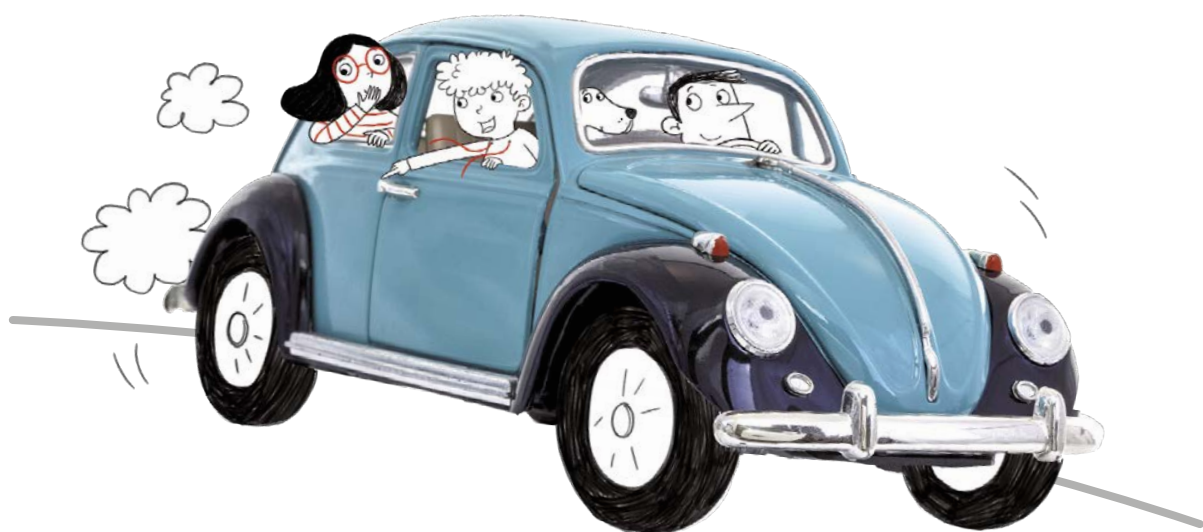
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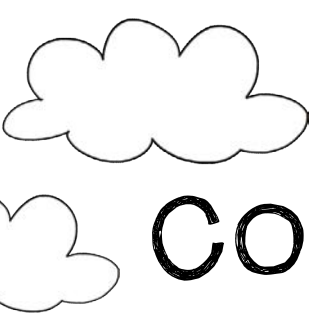
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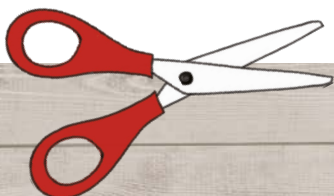
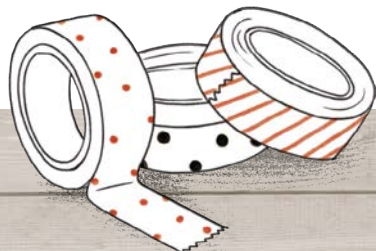
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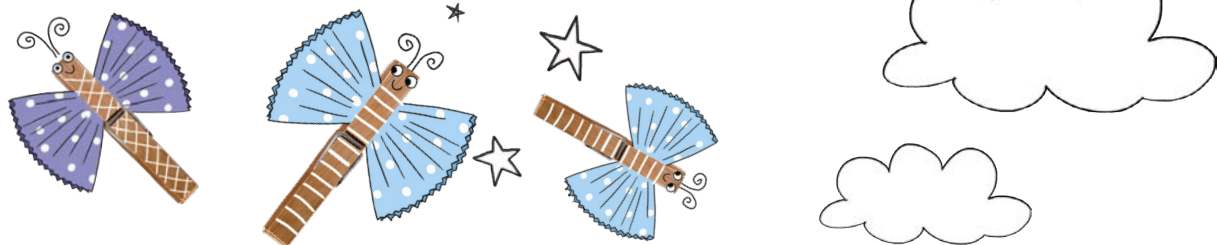


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Hey Kids!

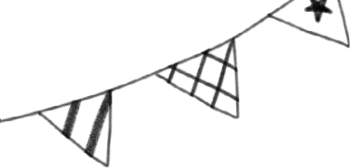
Look Away from Your Screen!

Texting, social media, apps, games,
movies, TV shows, streaming videos ...

All of these digital delights are great
ways to keep you entertained if
you're bored, but there's a real
world out there, too! It's an exciting
world full of people, critters, food,
games, and fun!

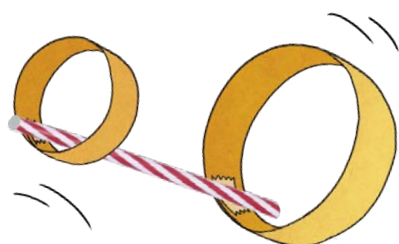
This book is packed with 100 screen-
free activities for you to try. There
are loads of great things you can
do AND plenty of cool ideas for
your friends and family to join in with.
Put that device down and get creative.
Pick a page and try something new!





Hey Grown-ups!

Want to Know More?



Tired of asking your child to put down the cell phone?

Worried about how many hours your child spends watching TV?

While much can be gained by using electronic devices, from learning to entertainment, excessive screen time has been linked to poor school performance, childhood obesity, and attention problems.

The American Academy of Pediatrics recommends that children balance media use with other healthy behaviours. To do so, it's important for parents and carers to take charge of setting limits on screen time.



Don't despair! Take a break from technology and provide your child with screen-free stimulation. This book contains a wide variety of activities and projects that can be completed easily and frequently, without requiring lots of expensive materials, equipment, or planning. The activities promote face-to-face interaction, family time, and imaginative play, all of which are super important, but are often overshadowed by using electronics.

Why not try one activity a day, or set challenges for how many activities your child can complete during the holidays or a vacation. Whether at home, outdoors, or even on the move, don't use technology to keep kids occupied while you focus on other things. Get active, get together, and help your child beat boredom using screen-free ways.

