

## T.V. Free Activities

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- ❖ Read a book.
- ❖ Go to the neighborhood library and look at the different materials.
- ❖ Have a family share-time where everyone talks about what they did throughout the day. Have the children emphasize their experiences that occurred at school, as well as discuss any activities that may be coming up.
- ❖ Have a homework time. Parents can encourage this by offering assistance when needed and having the child explain assignments.
- ❖ Take turns telling stories. Children love to make up and tell stories and they also love to hear stories about their parent's lives before the child was born.
- ❖ Go to the neighborhood park or for a walk. It's a great time for the entire family to get exercise, and it may also provide a great opportunity to have good conversation in a relaxed setting.
- ❖ Read the newspaper with your child. Discuss interesting stories, current events, and explain articles that may be confusing.
- ❖ Do a crossword puzzle with your child. This activity is beneficial in many ways, including giving the child opportunities to practice their spelling and vocabulary skills.
- ❖ Encourage hobbies. Some examples include woodworking, painting, drawing, coloring, and sewing. Not only can children create wonderful pieces, but these activities also improve fine motor skills.
- ❖ Set aside one night a week as "game" night. Play a favorite board game, or use a deck of cards and encourage the child to invent a game that everyone can play.
- ❖ Have the child help prepare meals. Children also enjoy making cookies and desserts, especially if they can help eat it!
- ❖ Encourage the child to become involved in after-school activities.

# PIRC Pages

- ❖ If the child wants to watch a video, have them read the book first. After watching the movie, have them explain any differences between the two.
- ❖ Go for a bike ride. Not only is this good exercise, but it also gives you the opportunity to make sure they ride safely. Remember to wear a helmet!
- ❖ Look at old family photographs and tell the stories relating to them. This is a great opportunity to share family history!