



screen-free
KANSAS CITY

MY PLEDGE

I, _____, pledge
that during the week of _____, I will:

- 1) watch no TV or DVDs, play no video games, and only use the computer if it's required for a homework assignment
- 2) encourage my friends and family to go screen-free
- 3) explore new screen-free activities
- 4) HAVE FUN!

Instead of spending time with screens, I will:

for fun screen-free activities, see

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