

Remember that TV-Turnoff is voluntary and meant to be fun. It's intended to build family and community spirit.

SOME ALTERNATIVE ACTIVITIES FOR CHILDREN AND FAMILIES***please see attached schedule**

1. Attend a play or dance performance. **Portland Ballet, Ovarions**
2. Attend community concerts. **Kinderkonzerts, One Longfellow Square**
3. Put together a puzzle.
4. Visit the library. Borrow a book. Attend library activities.
5. Go ice skating or roller skating. **Falmouth Family Ice** or **Happy Wheels**
6. **Family Arts Night** – GMS – Tuesday March 30, 6pm-8pm
7. Paint a picture, a mural or a room.
8. Attend a sporting event. **Portland Red Claws**
9. Go for a bike ride.
10. Read a book aloud to your younger sister/brother/child.
11. Have friends over for dinner.
12. Go bird watching.
13. Volunteer for a community organization or charity. **Cumberland Food Pantry** or the **HART Shelter**
14. Play with your pet.
15. Go dancing.
16. Write a letter to a friend or relative.
17. Get out the chalk and play in the driveway.
18. Plant a flower, vegetable or herb garden.
19. Have a family game night.
20. Plan a slumber party.
21. Go through your closets and clothes. Donate surplus items to Goodwill, the Salvation Army or a local rummage sale.
22. Go to a museum. **Portland Museum of Art**, (free admission Fridays, 5pm-9pm) or **Children's Museum of Maine**, Portland
23. Take a nature hike. Collect seeds and leaves. Make a collage with the materials you collected and post it on the refrigerator. Visit **Mackworth Island**, Falmouth, ME **Maine Audubon**, Falmouth, ME
24. Play cards.
25. Get out the family photo album. Research your family history.
26. Go listen to a local band.
27. Make crafts to give as gifts.
28. Make up a story and write it down.
29. Learn to say simple phrases in a few different languages.
30. Ask an older family member to tell you a story about his or her childhood. Write about it.
31. Bake two batches of cookies; one for your family and one for a neighbor.
32. Watch the night sky through binoculars; identify the different constellations. Observe the moon. **Southworth Planetarium**
33. Visit a local bookstore. **Books, Etc.**, **Royal River Books**, the **Book Review**
34. Go bowling. **Yankee Lanes**, **Big 20 Bowling Center**, **Pineland YMCA**
35. **HAVE A PARTY TO CELEBRATE A TV-FREE WEEK.**