

## TIPS FOR BEING A “LEAN SCREEN” FAMILY

### IDEAS FOR FAMILY ACTIVITIES

- Have regular family conversations—without the distraction of “screens”.
- Plan, prepare, and clean up after leisurely meals—no distractions!
- Walk around your neighborhood - notice how this view is different than from the car.
- Explore area parks and their many attractions.
- Visit museums and other sites of interest or historic value.
- Play physically active games suitable for all ages – don’t be afraid to look silly!
- Play board games such as Monopoly, Clue, Candy Land, Zingo, Checkers and playing cards.
- Be regular volunteers at church, school or other charitable organizations.
- Have book nights – read to younger children and alternate reading aloud with older children and discuss what you have read.
- Have backyard “camp outs”.
- Watch TV program or movie and discuss – don’t forget the popcorn!
- Explore other communities in the area and discuss the experience.
- Learn about other cultures, traditions and holidays.
- Eat at ethnic restaurants and recreate the dishes at home.
- Have a hobby or hobbies that are of interest to all the family.
- Plan and complete a major household project.
- Have theme parties with decorations, costumes and related activities, such as a Luau, Hoe Down, indoor picnic, or Christmas-in-July.
- Attend a city council meeting and discuss the process.
- Write letters in support of a cause or current civic issue.
- Join classes, play sports or participate in activities with a family focus.

## ICE BREAKERS

***Who are three people you admire the most?***

***What are the best and worst features of the Internet?***

***What is (was) your favorite class, least favorite class, and why?***

***Name three things you like to do for fun?***

***What are some things that make you laugh and make you sad?***

***What is your favorite sport to watch and/or play?***

***What hobby would you like to learn?***

***What is your earliest memory?***

***Who are your best friends?***

***How many people are in your immediate and extended family and what is their relationship to you?***

***From which countries did your ancestors come to the U.S.?***

***What do (did) you want to be when you grow up?***

***What is your favorite current television show and show from the past?***

***What would be an ideal job?***

***What are some things that worry you?***

***Who is (was) your favorite teacher?***

***Name a favorite movie or book; tell what it is about and why you like it.***

***What games do (did) you like to play?***

***Show us how to play a favorite game.***

***Where do you like to spend the most time, indoors or outdoors?***

***What would you do to make the world a better place?***

***Where is your ideal place to live and why did you choose it?***

***What talents do you have?***

***What is your favorite – season, color, type of music, vacation location and holiday?***

## **WEB SITES AND FAMILY CELEBRATION INFORMATION**

**TV Turnoff Week (April) [www.tvturnoff.org](http://www.tvturnoff.org)**

**Michigan Parenting Awareness Month (March) [www.mediafamily.org](http://www.mediafamily.org)**

**Family Day “A Day to Have a Family Meal” (September)**

**[www.casafamilyday.org](http://www.casafamilyday.org)**

**Media and the Family [www.mediafamily.org](http://www.mediafamily.org)**

**Campaign for a Commercial-Free Childhood**

**[www.commercialfreechildhood.org](http://www.commercialfreechildhood.org)**

**Kaiser Family Foundation [www.kff.org](http://www.kff.org)**

## **FUN RESOURCES FOR FAMILIES TO EXPLORE**

### **MUSEUMS:**

Alfred Sloan Museum, Flint [www.sloanmuseum.org](http://www.sloanmuseum.org)

Walter P. Chrysler Museum Auburn Hills

[www.chryslerheritage.com](http://www.chryslerheritage.com)

Olds Transportation Museum, Lansing [www.reoldsmuseum.org](http://www.reoldsmuseum.org)

Cranbrook Museums, Bloomfield Hills [www.cranbrook.edu](http://www.cranbrook.edu)

Michigan Women’s Historical Center and Hall of Fame, Lansing

[www.michiganwomenshalloffame.org](http://www.michiganwomenshalloffame.org)

The Henry Ford Museum and Automotive Hall of Fame,

Dearborn [www.hfmgv.org](http://www.hfmgv.org)

International Institute, Detroit [www.limd.org](http://www.limd.org)

Lionel Train Visitor Center, Roseville [www.lionel.com](http://www.lionel.com)

Ann Arbor Hands On Museum [www.aahom.org](http://www.aahom.org)

Detroit Historical Museum [www.detroithistorical.org](http://www.detroithistorical.org)

Selfridge Military Air Museum [www.selfridgeairmuseum.org](http://www.selfridgeairmuseum.org)

Michigan Historical Museum, Lansing  
[www.michigan.gov/museum](http://www.michigan.gov/museum)

Arab American National Museum, Dearborn  
[www.arabamericanmuseum.org](http://www.arabamericanmuseum.org)

Governor Warner Mansion [www.ci.farmington.mi.us](http://www.ci.farmington.mi.us)

Charles Wright Museum of African American History, Detroit  
[www.maah-detroit.org](http://www.maah-detroit.org)

Detroit Institute of Art [www.dia.org](http://www.dia.org)

Other Resources:

Howell Nature Center [www.howellnaturecenter.org](http://www.howellnaturecenter.org)

Kensington Metro Parks [www.metroparks.com](http://www.metroparks.com)

Oakland County Parks [www.oakgov.com/parkrec](http://www.oakgov.com/parkrec)

Farmington Hills Special Services [www.fhgov.com](http://www.fhgov.com)

Farmington Community Library [www.farmlib.org](http://www.farmlib.org)

Calendar of Michigan Festivals, Fairs and Cultural Events  
[www.michiganfun.us](http://www.michiganfun.us)

#### BOOKS OF INTEREST FOR FAMILIES

Simply Fun For Families, Gwen Ellis (Some of Ms. Ellis's books have a religious theme)

How Screen Time Affects Children from Birth to Age Five, Lisa Guernsey

365 Unplugged Family Fun Activities, Steven J. and Ruth Bennett

365 Things to Do with Your Kids before They Are too Old to Enjoy Them, Bill Adler