



Unplug With Screen-Free Week: May 1-7

One thing is clear: An incredibly important aspect of a happy, healthy childhood is creative play. It allows children to explore the world around them and enrich their curiosity and imagination. Screen-Free Week, then, owes its origins to a desire for children to return to more creative activities in place of the time they were previously spending watching screens. So, in 1994, TV Turnoff Week was established. Throughout its run, it encouraged millions of children and their families to turn off the television and instead spend time playing outside.

When TV Turnoff Week became Screen-Free Week in 2010, the team behind it continued forward with that same mission in an increasingly technological society. The point of the week isn't to focus on what you are giving up; it's about what you get

in return. You could trade in an hour of Netflix time for a walk in the park with the family or substitute time painting for an afternoon spent on video games.

Screen-Free Week is a chance to see that an entirely different way of interacting with technology is both possible and positive. The change doesn't have to be extreme, and it doesn't have to be all at once; any step is a good step.

If you're looking for activities for yourself, consider riding your bike somewhere you've never been before, hosting a cookout for friends and family, or taking the dog to a dog park for some much-needed exercise. At the end of the day, it doesn't matter what you're doing, as long as you're doing it with the people you love and with your screens turned off.

Here are a few ideas you could try out with the family during this Screen-Free Week:

Go birdwatching. All you need is a pair of binoculars and a nearby park. This activity is both engaging and calming, and it's a great way to practice mindfulness.

Embark on a nature scavenger hunt. Using a prepared checklist, encourage your child to explore and appreciate nature by following clues on your next walk in the woods.

Start a home garden. Introduce your child to the gardening process by giving them a hands-on experience. It'll even help them understand and appreciate the food they eat a little more as well!

Plan a picnic. It's a classic for a reason. Pack lunches and head to the park where you and the family can enjoy the warm weather and burn off some energy in the fresh air.



Vietnamese SUMMER ROLLS

Serves 4: (2 rolls per serving)
Total cook and prep time: 45 minutes

Ingredients

- ½ lb. shrimp, peeled and deveined
- 8 rice paper wrappers
- ½ small head of lettuce, chopped
- 1 small carrot, cut into thin strips
- ½ small cucumber, cut into thin strips
- ½ avocado, sliced
- ¼ cup fresh mint leaves
- ¼ cup fresh cilantro leaves
- ¼ cup chopped roasted peanuts
- 1 tbsp fish sauce
- 1 tbsp fresh lime juice
- 1 tsp honey

Instructions

1. Cook the shrimp in boiling water for 1-2 minutes, or until pink and cooked through. Drain and rinse with cold water. Cut the shrimp in half lengthwise.
2. Fill a large bowl with warm water. Dip a rice paper wrapper into the water for a few seconds until it's soft and pliable.
3. Place the wrapper on a clean work surface. Arrange some lettuce, carrots, cucumber, avocado, and herbs in the center of the wrapper, leaving about 2 inches of space on either side.
4. Fold the bottom of the wrapper over the filling, and then fold the sides in towards the center. Roll the wrapper tightly, pressing the edges to seal.
5. Repeat with the remaining ingredients, making 8 summer rolls.
6. In a small bowl, whisk together the fish sauce, lime juice and honey.
7. Serve the summer rolls with the dipping sauce on the side, sprinkled with chopped peanuts. Enjoy!

Nutrition Info

Calories per serving: 226, Total fat: 8g, Saturated fat: 1.3g, Cholesterol: 71mg, Sodium: 392mg, Total carbohydrate: 26g, Dietary fiber: 4g, Sugar: 7g, Protein: 14g

Recipe adapted from [cooking.nytimes.com](https://www.cooking.nytimes.com).

MAY IS NATIONAL PHYSICAL FITNESS AND SPORTS MONTH

May is National Physical Fitness and Sports Month: a time to celebrate the importance of staying active and healthy. This month-long observance is a great opportunity to remind ourselves of the many benefits of physical activity, and to encourage others to join in on the fun.

Regular physical activity is crucial for maintaining a healthy body and mind. It can help prevent chronic diseases, reduce stress and anxiety, improve sleep, and boost mood and energy levels. Additionally, being active with friends and family can strengthen relationships and create lifelong memories.

There are many ways to get moving and stay active, and National Physical Fitness and Sports Month is the perfect time to explore new activities and challenge yourself.

Whether you prefer team sports, individual workouts, or outdoor adventures, there is something for everyone.

To get started, consider joining a local sports league, taking a fitness class, or simply going for a walk or bike ride around your neighborhood. You can also use this month to try out new activities like hiking, kayaking, or rock climbing.

Remember that it's important to start small and build up gradually to avoid injury. Set realistic goals and track your progress to stay motivated and on track. And don't forget to have fun and enjoy the journey!

So, this May, let's celebrate National Physical Fitness and Sports Month by getting active, trying new things, and encouraging others to join us. By making physical activity a priority, we can all enjoy happier, healthier, and more fulfilling lives.

"National Physical Fitness and Sports Month – May 2023," National Today, nationaltoday.com, accessed April 6, 2023.

