

Screen-Free Week Activities

A gift to your family from the DC Area Waldorf schools



WASHINGTON
WALDORF
SCHOOL

ACORN HILL

Potomac Crescent
WALDORF
SCHOOL

screen-
free
week



April 29 - May 5, 2019
www.screenfree.org

Introduction

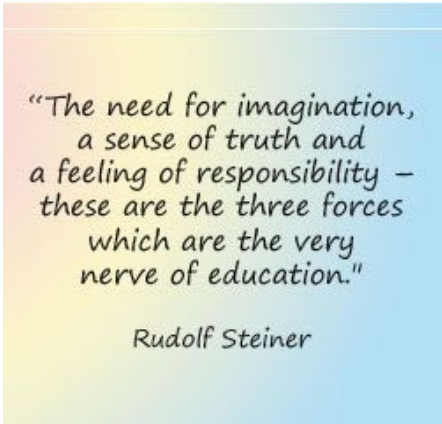
What led to this guide? There are strong affinities between Waldorf school communities and families seeking to “unplug.” Waldorf schools are known for their strong roots in nature and for integrating the arts into all aspects of education. Interestingly, Waldorf schools have made the news recently because we delay the introduction of technology in the classroom, and many technology leaders are drawn to that for their own children. Waldorf schools seek to educate well rounded, critical thinkers who can use technology as the vital and beneficial tool it can be when used with thought and insight.

Because much of our students’ time and energy is spent not using screens, we thought we could share some of our teachers’ and families’ favorite activities with you. In many ways, this is just the tip of the iceberg, and is meant as a jumping off point to provide inspiration. Hopefully you will find something useful and engaging in these pages. Enjoy!

Waldorf Education

Founded 100 years ago - and with over 1,000 schools worldwide - Waldorf schools offer a developmentally appropriate, experiential, and academically rigorous approach to education. They integrate the arts in all academic disciplines for children from preschool through twelfth grade to enhance and enrich learning. Waldorf education aims to inspire life-long learning in all students and to enable them to fully develop their unique capacities.

Read more from the [Association of Waldorf Schools of North America](http://www.associationofwaldorfschools.org).



*“The need for imagination,
a sense of truth and
a feeling of responsibility –
these are the three forces
which are the very
nerve of education.”*

Rudolf Steiner

Washington Waldorf School (Preschool - 12th Grade) - Bethesda, MD

[washingtonwaldorf.org](http://www.washingtonwaldorf.org) ~ 301.229.6107

Educating clear thinking, compassionate and purposeful students in the DC Metro area since 1969, the Washington Waldorf School (WWS) starts with expectant parents and parent-child classes and then Pre-K through 12th Grade. Our curriculum is designed to develop our students academically, emotionally, and physically. In practice, this means that - in addition to a strong grounding in core academic skills - WWS students have many opportunities to engage in the arts, music, and drama, as

well as practical manual skills in textile arts, metalwork, woodwork, and more. Moreover, the arts aren't simply extra classes; they are woven throughout the curriculum. Waldorf students also receive extensive training in movement and spend a large amount of time outside. WWS offers one of the few outdoor Kindergartens in the DC Metro area.

Acorn Hill Waldorf Kindergarten & Nursery - Silver Spring, MD

acornhill.org ~ 301.565.2282

Acorn Hill is devoted to providing quality programs to meet the physical, social-emotional, and mental developmental needs of your child using integrated and age appropriate methods. Established in 1964, we have occupied our present, natural wooded site off Sligo Creek in Silver Spring, Maryland since 1977. We are a certified kindergarten and nursery licensed by the Maryland State Board of Education and a day care center licensed by the Office of Child Care, division of MSDE.

As a Waldorf school and member of the Waldorf Early Childhood Association, we believe that play is the serious work of childhood, and that learning by doing provides the foundation for critical thinking, problem solving and a lifelong enthusiasm for knowledge.

Potomac Crescent Waldorf School (Preschool - 5th Grade) - Alexandria, VA

Potomacwaldorf.org ~ 703.486.1309

Potomac Crescent Waldorf School is a private school offering Parent-Child classes, Early Childhood Programs, and Elementary Program for 1st Grade through 5th Grade. We strive to develop thoughtful, fulfilled citizens who have the capacity to think imaginatively, communicate effectively, and relate compassionately. We believe in the Waldorf curriculum for educating the whole human being: head, heart and hands, which nurture well-rounded individuals who will be successful in school and beyond.

Cover Photography Credits: [Kelli Tungay](#), [Paul Hanaoka](#), [Calum Lewis](#), on [Unsplash](#)

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Indoor Activities

Digging in an Iceberg

SUGGESTED AGES	3-11
MATERIALS NEEDED	<p>A giant container or freezer safe bowl; little toys, animals, or other interesting objects; food coloring, turkey basters, salt, a cup, baking pan with a rim, and water!</p> <p>Prep Ahead: Ahead of time create a giant ice block by adding some toys into the bottom of the bowl, adding some colored water, freezing the water for a few hours, adding some more toys, adding more water, freezing the water for a few more hours... and repeating again and again until there are several layers of toys and water frozen.</p> <p>Ice can sit in the freezer for a few days, or just overnight is plenty!</p>
DESCRIPTION	<p>Once the ice is hard enough run the bottom of the bowl under hot water to melt the ice enough for it to come out of the big bowl. Then place the large piece of ice onto a baking sheet with a rim.</p> <p>Get a cup of warm water with a little salt in it and a turkey baster and let your child start squirting water at the large piece of ice to try and dig out the toys. The large turkey baster may make the whole experience more fun since your child may not have used one before. Other digging tools: forks, spoons, and more!</p> <p>As the ice melts the child is able to free the toys from the ice and started a collection. Occasionally you may have to suck up some water from the pan and put it into an extra big cup and then pour into the sink... so that the water doesn't overflow the sides of the pan.</p> <p>This exercise is good for one child—or several—and tons of fun time!</p>

Shape Creations

SUGGESTED AGES	3-11
MATERIALS NEEDED	Paper and drawing instruments

DESCRIPTION	<p>Two methods:</p> <ol style="list-style-type: none"> 1. The first person draws a shape. The second person turns the shape into something (i.e. Person 1 draws an oval. Person 2 turns it into the opening of a mug). 2. The first person draws a shape. The second person adds a one stroke design on to it. The next person adds on to that. Continue on to however many people there are or however many turns you decide each person will go (i.e. Person 1 draws a rectangle. The others add on to it until it turns into a house).
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DIY Birdfeeder

SUGGESTED AGES	6-11
MATERIALS NEEDED	6-8" long dowel (3/8"-1/2" diameter), clean 1 pint, 1 quart, or 1/2 gallon cardboard milk carton, scissors or knife, bird food, 8" string, bird food.
DESCRIPTION	Cut out square hole in one side of the milk carton at least 2" above the bottom. Make hole (3/8"-1/2" diameter, matching diameter of dowel) 1" below newly cut opening. Make same-size hole opposite the first. Slide dowel through both holes, to create a perch. Cut small hole in top of carton to pull string through. Bottom of carton, just below opening, with bird food. Hang your bird feeder nearby so you can watch the birds enjoy!

Finger Knitting

From Earthwise by Carol Petrash - former Waldorf teacher	
SUGGESTED AGES	3-11
MATERIALS NEEDED	<ul style="list-style-type: none"> • Bulky wool yarn (you can use cotton yarn, but it is often not as thick and tends not to slide as easily) • Scissors
DESCRIPTION	<ul style="list-style-type: none"> • Cut long lengths of yarn (four to five arm lengths) have the child roll them into balls. If you have a particular finished length in mind, start with approximately four to five times that length. • Start the finger knitting by making a slip knot. Lay one end of the yarn across your open palm and hold the end down with your thumb. Wrap the yarn once around your fingers and cross over the first piece. Hold it down again at the crossing

point with your thumb. Now you have a loop around your fingers. Start holding on with your thumb, slide the loop off your fingers. Bring the long side of the yarn back through this loop to make a second loop, and while still holding the short end of the yarn, pull the second loop up. This will make a knot by tightening the first loop. If the second loop gets too long and unwieldy, just pull on the long “tail” of the loop to make it smaller.

- Continue finger knitting by reaching down through the loop to pull the yarn strand up through the loop. Always hold the finger knitted strand firmly near the open loop.
- Optional: use a verse to help the child remember what to do. Example:
Reach into the lake, (the open loop)
Catch a fish to bake. (pull the yarn up)
- When you get close to the end of the yarn, pull the end up through the loop to knot it off.



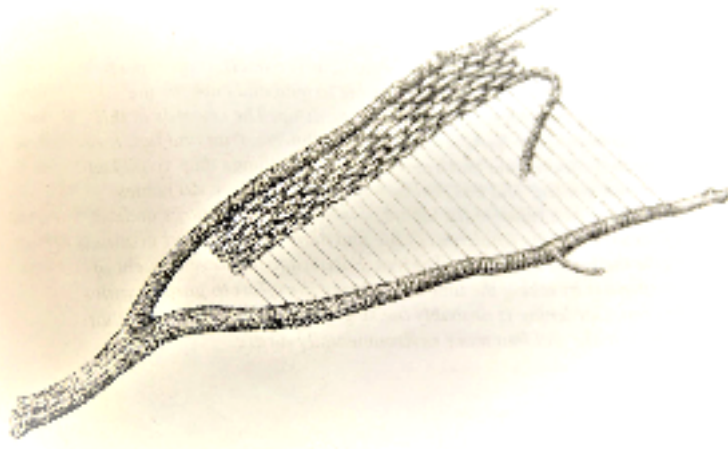
Weaving with Wool Yarn

From [Earthwise](#) by Carol Petrash - former Waldorf teacher

SUGGESTED AGES	3-11
MATERIALS NEEDED	<ul style="list-style-type: none"> • A branch with a V shape that is not too wide • Heavy tread or string for the wrap • Bulky wool yarn (you can use cotton yarn, but it is often not as thick and tends not to slide as easily) • Scissors • Optional: feathers, stems of grass or weeds
DESCRIPTION	<ul style="list-style-type: none"> • String the warp thread onto the branch “loom” by tying it to the left side of the branch near the bottom of the V. Bring the thread over to the right branch, wrap it tightly all the way around the branch several times, then go back and around the left branch, leaving about a 1/2-3/4 inch space between the

strings. Continue doing this back and forth wrapping until the V is completely strung (the “warp”), leaving an inch or two at the top so the weaving won’t slip off the ends of the branch.

- Begin weaving with the yarn at the left-hand side of the V, going alternately over and under the threads. When you come to the end of your yarn piece, tuck the end in, take a new strand, overlap it a bit with the strand you just finished weaving, and continue from where you left off.
- As you are weaving, be sure to press the vertical strands of yarn close together. The more closely you press them, the tighter your weave will be.
- Try alternating or changing colors and tuck the ends for a more finished look.
- Weave in a feather, grass, or anything for decoration.
- You can leave the weaving on the branch or you can carefully snip the warp threads and tie the ends together (this is why you wrapped the warp ends several times around).



Cooking/Baking Day

SUGGESTED AGES	3+
MATERIALS NEEDED	Recipe & Ingredients
DESCRIPTION	For young children, choose an afternoon or early evening to bake together. A simple bread recipe (see below) that allows you to knead and make the bread into shapes is perfect. Or a basic muffin recipe that you can add different berries to. Gluten-free? A simple chia pudding or overnight oats recipe is fun too. For older children, have them plan on making one dinner during the week.

HONEY WHEAT ROLLS

from the Kindergarten at the Washington Waldorf School

INGREDIENTS

- | | | |
|-----------------------|-----------------------|---|
| 1 packet yeast | 1/3 cup vegetable oil | 1 teaspoon salt |
| 1 1/2 cups warm water | 2/3 cup honey | 6 to 7 cups flour
(half whole-wheat flour
and half white flour) |

INSTRUCTIONS

1. Heat the oven to 375 degrees Fahrenheit.
2. In a large bowl, add the yeast to the water, then add the oil, honey, and salt.
3. Gradually add the flour, alternating equal amounts of whole-wheat flour and white flour, until the consistency of the mixture is stiff and not sticky. (The dough might reach the desired consistency before all of the flour has been used.)
4. Form the dough into biscuit-size rolls (about the size of a small egg).
5. Place and evenly space the rolls on a greased or parchment paper-lined cookie sheet.
6. Bake the rolls for 20 minutes.
7. Serve with honey butter for a special treat.

*These rolls
taste best
when made with
the loving help
of little hands!*

Drying Apples

From [Earthwise](#) by Carol Petrash - former Waldorf teacher

SUGGESTED AGES	2+
MATERIALS NEEDED	<ul style="list-style-type: none">● Whole apples● Vegetable peeler● Sharp knife● If a young child is helping - a regular table knife for them● Cutting board● Bowl● Large needle● Thread
DESCRIPTION	<ul style="list-style-type: none">● Peel the apples● With the sharp knife slice the peeled apples horizontally into 1/4 inch thick slices. Notice the star in the center of the apple.● Cut around the center to remove the star and seeds (this is a good activity for a younger child).

- Using pieces of thread about as long as your arm, thread large needles with doubled thread, knotting the thread about three inches from the end.
- “Sew” through the first apple slice by going through the center hole and then back through the doubled thread. This will secure the apple by knotting it to the end of the thread.
- After securing the first apple slice, have the children continue the “sewing.” They sew right through the apple pulp, slide the slice down toward the last slice and then sew back up through the doubled thread. Leave a bit of space between each slice so the air can circulate between them.
- Knot the last slice in place as you did the first.
- Hang the strings of apples in the room to dry.



Pin Board

SUGGESTED AGES	3-5
MATERIALS NEEDED	push pins, a cork hot pad (can get at IKEA or amazon), rubber bands
DESCRIPTION	When you need a kid to be focused on something, other than mom, try this at a little table. Set a dish of pins and a dish of rubber bands next to the hot pad, (consider putting it on a cloth placemat - presentation matters). Then demonstrate making shapes with the pins and stretching rubber bands around them, and then it's their turn - see what they can make! At first the kids might mostly make lines, but as they get older you can ask them to make a triangle, or a square. t's great for both fine motor and geometry. and it's generally just fun to do!

Pinwheels

From [Earthwise](#) by Carol Petrash - former Waldorf teacher

SUGGESTED AGES

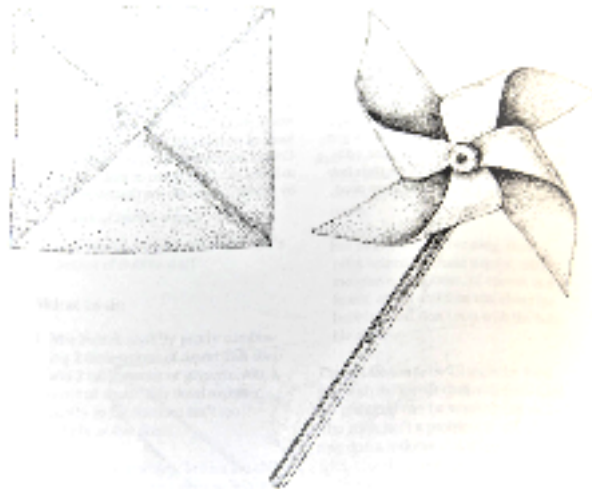
5-12

MATERIALS NEEDED

- Colored construction paper or heavy white watercolor paper to decorate with crayons.
- Scissors
- Straight pins
- New, unsharpened pencil with eraser

DESCRIPTION

- Cut the paper into 7-inch squares. You can vary the size with a larger square, but the pinwheel will be more floppy. 8.5 inches is the largest we recommend.
- Determine the center of the square by folding from the corners and marking where they intersect (see illustration).
- Use the scissors to cut in on each fold line about $\frac{3}{4}$ of the way to the center. Leave the last inch of each fold uncut.
- With a pin and pencil ready, fold every other tip into the center and overlap them. Push the pin through these overlapping tips, through the center of the pinwheel and into the eraser. Don't let the pin stick out the other side of the eraser!
- A little paper washer reinforces the center of the pinwheel to provide extra support at a stress point. Cut a small circle of paper (about 1 or 1 $\frac{1}{2}$ inches). This doesn't have to be a perfect circle. Put a tape loop on the back of the circle and press it onto the overlapping tips of paper at the pinwheel's center. Insert the pin.



Leaf Banners

From [Earthwise](#) by Carol Petrash - former Waldorf teacher

SUGGESTED AGES

3-11

MATERIALS NEEDED

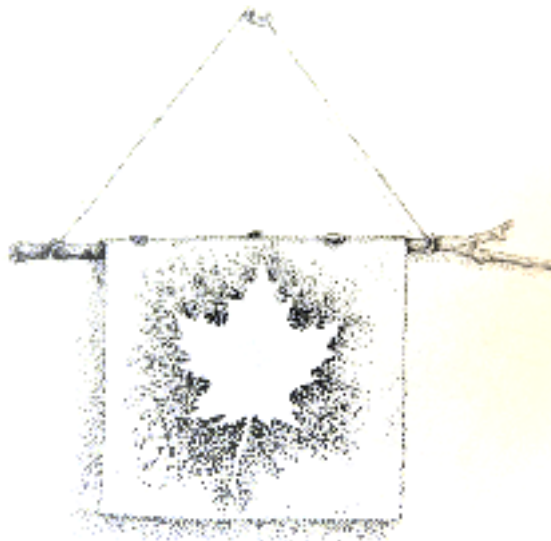
- 8x8 inch square of cotton fabric (cut with pinking shears to prevent unraveling)
- Several large well-formed leaves
- Pen
- Old toothbrushes
- Jar lid
- Non-toxic tempera paint
- Small branch
- Tacks or staples
- Yarn, string, or embroidery floss

DESCRIPTION

Place a leaf on the fabric square and splatter paint around the edge of the leaf by dipping a toothbrush in paint and scraping it over the edge of a jar lid. Being careful not to move the leaf, splatter paint all the way around the leaf, lift it up and see the imprint left behind.

Attach the banner to the branch with tacks or staples. Tie a piece of string to both ends of the branch.

Allow to dry. Hang the decoration as is or repeat the above steps on the other side to make a double-sided banner.



Family Read Aloud Night

SUGGESTED AGES	6+
MATERIALS NEEDED	An enthralling book or play - think Harry Potter, The Hobbit, Half Magic by Edward Eager, Little Women, any number of other books. As children grow older, they can read Shakespeare or Lord of the Rings or other more sophisticated books and plays with their parent(s) and siblings.
DESCRIPTION	Set aside one or two nights a week after supper. Gather with at least one parent and one child (with solid reading skills). Take turns reading a book aloud to one another for an hour. Younger children can enjoy just listening and admiring their older siblings. These experiences often lead to family dramatizations of the stories, so beware!

Living Room Camping

SUGGESTED AGES	Entire Family
MATERIALS NEEDED	Lots of blankets and pillows, flashlights, yummy "camping food", playing card, stories, pajamas and friends!
DESCRIPTION	Plan a family "camp out" in the living room. Spend the afternoon making camp in the living room with blankets and pillows Move the furniture, string lights and cook yummy foods that kids and their grown ups will like. Then get in your pjs and invite some friends or just the family. Tell stories, play cards or board games, dance and have a carpet picnic! Then have a good night sleep and continue the fun with pancake breakfast and a morning hike. Lots of possibilities!

Playing games together!

SUGGESTED AGES	6+
MATERIALS NEEDED	Games such as: SET, Boggle, Yahoo...
DESCRIPTION	Mix and distribute cards and detect patterns fast (SET), mix up letters in Boggle and collect as many words as you can, roll dice and collect certain combinations (Yahoo)

Puzzle Time

SUGGESTED AGES	6+
MATERIALS NEEDED	500 Piece Puzzle
DESCRIPTION	Start and leave the puzzle sitting around on coffee table or folding table. Return again and again throughout the week. Great discussions ensue.

Make a Tunnel/Maze

SUGGESTED AGES	3-11
MATERIALS NEEDED	Cardboard boxes, masking tape, scissors or box knife
DESCRIPTION	Find big clean cardboard boxes and tape them together to make a tunnel/maze with cut windows here and there. Have races to see who can get through the tunnel the fastest... and maybe the slowest if you need some time? ;)

Dress up and DANCE

SUGGESTED AGES	2-11
MATERIALS NEEDED	Scarves, ribbons, costumes, some sort of music- either on a stereo or live instruments
DESCRIPTION	One child can make music on a drum or chimes while the other (or others) dance (costumes optional). Favorite costume selections are scarves and ribbons that can flow and float in the air. Children can take turns making the music or you can play music on a stereo. Favorite selections include the nutcracker suite or Peter and the wolf.

Stone Soup Party

SUGGESTED AGES	3-11
MATERIALS NEEDED	The book stone soup and the ingredients
DESCRIPTION	Purchase the book "Stone Soup" or check it out from your local library. Invite a couple of your children's friends over and to read the book and make your version of Stone Soup! Each person could bring their own ingredient(s) to add!

Community Potluck

SUGGESTED AGES	All Ages
MATERIALS NEEDED	Food & Neighbors
DESCRIPTION	Organize a neighborhood potluck! Invite the neighbors by writing the time and place of the potluck in chalk on the streets and putting up posters - either on a common green area or a series of front yards. Everyone brings a dish, and some people bring folding tables to hold the food. Make it a regular feature on Friday evenings in your neighborhood. It is a fun evening out and the kids end up playing games, and the adults talk.

Outdoor Activities


Shelters

SUGGESTED AGES	4-12
MATERIALS NEEDED	Sticks
DESCRIPTION	Go into the woods or around your neighborhood, collect sticks and any other materials that can be used to build a structure. For a teepee, tie long sticks together at the top and spread out the sticks. Or prop the sticks up against a fence, tree, or large rock. Shelters can be covered with tarps if raining. For a younger child consider using a bed sheet and some twine to create a shaded spot to play.

Garage or Fence Mural

SUGGESTED AGES	12-Adult
MATERIALS NEEDED	Interior or exterior house paint (leftovers & sample sizes), pencil, brushes
DESCRIPTION	Design and paint a mural on a wall in your garage or on the inside of your backyard fence, as large or as small as you would like. Put outlines up in pencil first, to make it easier when you get the paint out.

Leaf Crowns

From Earthwise by Carol Petrash - former Waldorf teacher	
SUGGESTED AGES	3-11
MATERIALS NEEDED	Lots of leaves with stems
DESCRIPTION	<p>Spend time gathering the leaves. Take two leaves and remove the stem of one at its base. Overlap the tip of one leaf and the base of the other and use the stem to attach the two leaves by pushing it down through the place where the two leaves overlap and back up again like a straight pin.</p> <p>Continue to attach the leaves to each other in the same way. Try the crown on for size and when it is big enough, attach the last leaf to the first in the same way. A crown!</p> 

Backyard Campout


SUGGESTED AGES	Entire Family
MATERIALS NEEDED	Tent or temporary, tent-like construct (tarps, for example)
DESCRIPTION	Go camping in your own backyard in a tent (or tent-like construction of you own devising), with sleeping bags or regular bedding and pillows, perhaps using a small fire pit to roast marshmallows or pop popcorn, some stargazing, and definitely some kind of story (fun to make one up together, where each person adds something) before lights out. Trips back into the house are allowed for the bathroom, of course! No campsite reservation necessary and no car trip required. Could be good as a family activity with younger children, or for 2 or more older children to have a minor sleepover adventure on their own...

Nature Bowl

SUGGESTED AGES	3-11
MATERIALS NEEDED	<ul style="list-style-type: none"> • A plate, bowl, or basket • Space to keep it on a shelf or table
DESCRIPTION	<p>Go for a walk around your neighborhood, a park, or in the woods to find a few interesting stones, sticks, leaves, feathers, etc. and bring them back to your nature bowl. Look at these treasures again later and see who remembers where they were collected, what they day was like, etc.</p> <ul style="list-style-type: none"> • Each person could wear a bracelet of masking tape (sticky side out) to create a nature bracelet as they go. • You could try filling a plate with moss and use it a base to create a little scene.

Blowing Bubbles

From Earthwise by Carol Petrash - former Waldorf teacher	
SUGGESTED AGES	2-11
MATERIALS NEEDED	<ul style="list-style-type: none"> • Mild, non-toxic dish soap • Glycerin (available at pharmacies)

	<ul style="list-style-type: none"> ● Tablespoon ● Jar - quart + ● Spoon ● Straw or bubble wand ● Little jar or cup for each child
DESCRIPTION	<p>Make-your-own bubbles are pleasant to use and much more economical than commercially made bubbles.</p> <ul style="list-style-type: none"> ● Mix bubble stuff by gently combining 2 tablespoons of liquid dish soap and 2 tablespoons of glycerin with a quart of water. Stir them together gently so the mixture isn't too bubbly at this point. ● Tips on blower and blowing: <ul style="list-style-type: none"> ○ Straws work well, especially for indoor blowing. Dip the straw into the mixture - make sure kids know not to blow into the mixture the bubble stuff gets too bubbly and is quickly used up. ○ If indoors you can blow bubbles on a table creating bubble domes. Make a village! ○ Wands are best for outdoor bubbles. 

If You Can See Your Shadow...

SUGGESTED AGES	All ages
MATERIALS NEEDED	Shoes are helpful
DESCRIPTION	<p>If you can see your shadow, then get outside. Take a walk, garden, bike, canoe, kayak, make an outdoor fort, a fairy house at the base of a nearby tree, walk to the grocery store/bookstore, play tag/frisbee/soccer, etc. When hiking pick something to see who can find the most i.e. who can find the most mushrooms.</p>

Play with your Neighbors

SUGGESTED AGES	3-11
MATERIALS NEEDED	
DESCRIPTION	Get to know your neighbors so that it is easy for you and your kids to go and knock on their door to see if they are free to play - at home, in the yard or at the park.

Adventure Friday

SUGGESTED AGES	All Ages
MATERIALS NEEDED	A Large Mason Jar, Strips of Paper (about 15), a Pen, a Car, and an Imagination
DESCRIPTION	<p>One family suggested this based on their experience: “we had an Adventure Friday jar. When the kids were very little, I wrote 15 activities on strips of paper to put in the jar. When they were older, I asked for their input. Activities ranged and included things like baking, hiking at Great Falls, going to the Zoo, going to a museum, to Kayaking on the Potomac, going to their favorite playground, and going berry picking. Each Friday morning, we would pick from the jar and then after school we would embark on that activity. Our adventures were always met with enthusiasm and even though we stopped Adventure Fridays years ago, my teenager recently asked, ‘Could we bring back Adventure Fridays?’”</p> <p>*Using this as inspiration, another idea would be to put a bunch of screen-free activities in a jar that you can pull out as needed during Screen-Free Week.</p>

DC Area Events During Screen-Free Week

Unless otherwise noted these events are unaffiliated with the DC Waldorf schools. We simply looked at local event listings and gathered some examples around the area to try and help you find screen-free activities during the “Screen-Free Week” timeframe. This list is far from complete - but hopefully will give you some ideas.

Take a look and pick an event or two that you think would help your family get out and try something new.

<p>SATURDAY, April 27</p>	<p>Get ready for Screen-Free Week - The Washington Waldorf School Book Fair at Politics & Prose is a great time to stock up on reading materials for Screen-Free Week. If you mention WWS at the time of purchase, P&P will donate 20% of proceeds to the school.</p>
<p>MONDAY, April 29</p>	<ul style="list-style-type: none"> ● Storytime at MoCo Libraries, various times & locations FREE ● Baby and Toddler Story Time - DC Public Libraries, various times & locations FREE ● National Zoo Highlights Tour, 9:45-11:45am FREE ● Story Time at the Postal Museum, 10:30am FREE ● Reader’s Theatre, Mt. Pleasant Library, 4:30pm FREE ● Kennedy Center Millennium Stage, 6pm FREE - U.S. Army Blues ● Family Storytime, Central Library Arlington, 6:30pm FREE ● Family Evening Storytime at the White Oak Library, 6:30pm FREE ● Washington Waldorf School - PEP (Parent Education Program) Workshop - "Tackling Technology" 7-8:30pm FREE
<p>TUESDAY, April 30</p>	<ul style="list-style-type: none"> ● Kids Farm Fish Feeding at the National Zoo, 10:30am FREE ● Portrait Gallery Story Time, 11:45am FREE ● Hirshhorn Mid-day Art Break: Free Tour 12:30-1:15pm ● Tuesday Maker Afternoons - Shaw Library DC, 4pm - Ages 5-12 ● Crafty Tuesday, Glencarlyn Library VA, 4pm FREE ● Spring Crafting, Shepherd Park Library DC, 4pm - Ages 3-12 FREE ● Kennedy Center Millennium Stage, 6pm FREE - Mahidol University School of Music
<p>WEDNESDAY, May 1</p>	<ul style="list-style-type: none"> ● Flights of Fancy Story Time at the Air & Space Museum Udvar Hazy Center, 11am-12pm FREE (\$15 parking) ● Live Tarantula Feedings at the Natural History Museum, 10:30, 11:30, 1:30 FREE ● Family Craft, West End Library DC, 4pm FREE ● Lego Construction Crew, Tenley-Friendship Library DC, 4pm, Ages 4-12 FREE ● Read to a Dog at the Twinbrook Library, 4:30pm FREE

	<ul style="list-style-type: none"> ● Hooks & Needles at the Twinbrook Library, 6-7pm FREE - bring your own supplies - learn to crochet or knit! ● Community Days Cookout, Alexandria, 6pm FREE ● Kennedy Center Millennium Stage, 6pm FREE - NSO Prelude
<p>THURSDAY, May 2</p>	<ul style="list-style-type: none"> ● Art on the Fly, Capitol View Library DC, 4pm, Teens ● The Phillips Collection - Phillips after 5 FREE for 18 and under (\$12 adults, \$10 seniors), 5-8:30pm - WONDERS OF LATIN AMERICA ● Kennedy Center Millennium Stage, 6pm FREE - Aura CuriAtlas Physical Theatre presents "Dream Logic" ● Brainy Board Game Night, Lamond-Riggs Library DC, 5pm FREE ● KTown Food Truck Night - find your favorite truck and have dinner outside in Kensington (varies truck to truck)
<p>FRIDAY, May 3</p>	<ul style="list-style-type: none"> ● Air Force Band Concert at the Air & Space Museum, 11am, 12pm, 1pm FREE ● Toypalooza, Aurora Hills Library VA, 2-4pm FREE ● Kid's Craft, Cleveland Park Library DC, 4pm FREE ● Kennedy Center Millennium Stage, 6pm FREE - Chiara Izzi & Kevin Hays
<p>SATURDAY, May 4</p>	<ul style="list-style-type: none"> ● Look for your local Farmers Market! ● Around the World Embassy Tour, various embassies, 10am- 4pm FREE - Food, art, dance, fashion, and music from different countries. ● RecFest, Alexandria 10am-2pm FREE ● Gettin' Stitchy With It, Woodridge Library DC, 11am FREE ● Landon Azalea Festival, 10am-5pm Free Entry (\$3-5 per ride, various costs for food and vendors) ● Story Time at the Portrait Gallery, 11:45am FREE ● Paws to Read, Cherrydale Library VA, 3pm FREE ● Kennedy Center Millennium Stage, 6pm FREE - LA TI DO: Where Spoken Word and Musical Theatre Collide
<p>SUNDAY, May 5</p>	<ul style="list-style-type: none"> ● Look for your local Farmers Market! ● Rockville Arts Festival 11am-5pm Free entertainment, various costs for food and vendors. ● Meet a Ballet Dancer, Tenley-Friendship Library DC, 3:30pm, Ages 2-12 FREE ● Tidewater Blues & Jazz Concert -Cedar Lane UU Church, 9601 Cedar Lane. 4pm. All ages. FREE ● Kennedy Center, 6pm FREE - Millennium Stage: Vinicio Capposela

Map Out Your Screen-Free Week

Make a plan for your family’s Screen-Free Week. Map out things you can do at home and times you can get out into the community to experience non-screen time fun!

MONDAY, April 29	
TUESDAY, April 30	
WEDNESDAY, May 1	
THURSDAY, May 2	
FRIDAY, May 3	
SATURDAY, May 4	
SUNDAY, May 5	