PLEDGE CARD

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I,
pledge that during the week of
I will only use screens when they are required for
school. I will not: 1) watch TV or videos; 2) play
games on tablets, websites, phones, or consoles;
3) surf the web; 4) use social media.
Instead of spending time with screens, I will:

Remember to encourage your friends and family to go screen-free!



Presented by Campaign for a Commercial-Free Childhood www.screenfree.org

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READING PLEDGE

pledge that during the week of	
I will read many books by myself and with my to parents, siblings, and friends. While I am going screen-free, I will let reading take me to amazing These are some of the books I will read this wee	g worlds

Explore your libraries, classrooms, homes, and bookstores for great new books!



Presented by Every Child a Reader www.everychildareader.net

READING PLEDGE

pledge tha	t during the week of
parents, si	many books by myself and with my teachers, blings, and friends. While I am going e, I will let reading take me to amazing worlds
These are	some of the books I will read this week:

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READING PLEDGE

I will read many books by myself and with my teachers, parents, siblings, and friends. While I am going screen-free, I will let reading take me to amazing worlds! These are some of the books I will read this week:	I,
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