May \_\_\_\_, 2022

Dear parent,

On May 4th, [INSERT SCHOOL/ORGANIZATION NAME] is participating in Move it Outside, which is designed to encourage youth and families to head outside and be active as a celebration Screen-Free Week 2022.

Screen-Free Week is a national celebration where children, families, schools and communities spend seven days turning off entertainment screen media and turning on life. It’s a time to unplug and play, read, daydream, create, explore, and spend time with family and friends.

As an alternative to screen time, youth at [INSERT SCHOOL/ORGANIZATION NAME] will celebrate Move it Outside by [INSERT EVENT DETAILS HERE].

Studies show that outdoor play is essential to development, because it contributes to the cognitive, physical, social, and emotional well being of children and youth. However, despite the benefits, outdoor play has been reduced for some children due to hurried lifestyles, changes in family structure, and increased attention to academics and enrichment activities at the expense of recess.

Help us bring outdoor play back into your children’s lives by “Moving it Outside” in your backyard or neighborhood playground. Or consider visiting a nearby park or trail to engage your children in free outdoor adventures like biking, hiking and paddling. For a list of outdoor recreation activities near you, visit www.getoutdoorspa.org.

By working together, we can encourage kids to Move it Outside.

For more information on this event and ways you and your family can make healthy food and activity choices at home, please visit med.psu.edu/PROwellness

Thank you for your support,

[NAME & TITLE]

*This event is a program of Penn State PRO Wellness. For more information, visit med.psu.edu/PROwellness.*