Screen Break March 18-23

Put the screens away and get out and play!

Screen Break is a collaboration between local community organizations and governmental entities in the Oak Park, River Forest and Forest Park area.

We are challenging families to turn off the TV, tablet, cell phone and video games for one week.

To make this easier, local organizations are sponsoring fun, FREE events each day. Choose from special story times, improv classes, chess, and creative arts classes. Get active with your neighbors by playing Gaga ball, building with the Big Blue Blocks or taking a yoga class. Visit local police stations, fire station and see the bees at Village Hall. The week wraps up with a concert featuring Jim Gill at WonderWorks on Saturday afternoon. Disconnect from your device and re-connect with your community this week.

For the complete list of events, visit
www.pdop.org/screenbreak

Share your successes, tips and tricks using #ScreenFreeWeek

Screen Break is brought to you by:

Collaboration for Early Childhood Easterseals Forest Park Public Library Forest Preserves of Cook County New Moms Oak Park Fire Department Oak Park Police Department Oak Park Public Library Oak Park River Forest Food Pantry Oak-Leyden Developmental Services Park District of Oak Park River Forest Public Library Trailside Museum Village of Oak Park Wonder Works Children's Museum

Take advantage of the FREE, fun activities in your community during Screen Break Week.

MONDAY, MARCH 18	TUESDAY, MARCH 19	WEDNESDAY, MARCH 20
Messy Art Day **10:30-11:15am** Oak-Leyden Developmental Services 411 Chicago Ave Birth – 5 years old	**Mother Goose Remixed Toddler Storytime** **10:30-11am** Forest Park Public Library 7555 Jackson Blvd 2 – 4 years old	**Drop In Playgroup** **9:30-10:15am** Oak-Leyden Developmental Services 411 Chicago Ave Birth – 5 years old
Toddler Yoga **11am-11:30am** Oak Park Public Library Main Library, 834 Lake Street Ages 1–2	**Tour the Police Department** **3:30-5pm** Oak Park Police Dept. Village Hall, 123 Madison Street All ages	**Police Station Storytime** **10-11am** River Forest Police Station 400 Park Ave, River Forest Ages 2 and up
Baby Yoga **2:30-3pm** Oak Park Public Library Main Library, 834 Lake Street Birth – 1 year old	**Social Change Theatre Project** **3:30-5pm** Oak Park Public Library Main Library, 834 Lake Street 13 –18 years old	**Celebrate Spring Fest** **11am-2pm** Forest Preserves of Cook County 536 N. Harlem Ave All ages
Tour the Fire Station **3:30-4:30pm** Oak Park Station #1 100 N Euclid Ave All ages	**Chess Champs Club** **4:30-6:30pm** Oak Park Public Library Main Library, 834 Lake Street 5 –13 years old	**Family Recycled Art** **6:30-7:30pm** Park District of Oak Park Austin Gardens, 167 Forest Ave Ages 4 –12
Cultural Creations **4pm-5pm** Park District of Oak Park Dole Center, 255 Augusta Ave All ages	**Honey Bees Open House** **5-6:30pm** Village of Oak Park Village Hall, 123 Madison Street All ages	**Get outside!** Go on a coin toss hike. When you get to a corner or intersection toss a coin. Turn right for heads, left for tails. See where you end up!
Rebel Girls Story Hour **4pm-5pm** Forest Park Public Library 7555 Jackson Blvd Ages 5 and up	**Too quiet with screens off?** Fill your house with music! Listen to different music every day— reggae, salsa, bluegrass, afro-pop, klezmer. Check out music CDs from your local library	
Living History Project **5:45-7:45pm** Oak Park Public Library Main Library, 834 Lake Street Grades 6 –12		
Kids Improv Workshop **6:30-7:30pm** Oak Park Public Library Maze Branch, 845 Gunderson Ave Grades 1 – 4	*Descriptions and more information can be found on the next page.*	

Infant to preschool-aged kids

Activities for all ages

For kids in grades K-8

THURSDAY, MARCH 21	FRIDAY, MARCH 22	SATURDAY, MARCH 23
Morning Parent Meet Up **10–11:30am** New Moms, 206 Chicago Ave 8 weeks to 6 years old	**Music Makers** **9:30–10:15am** Oak-Leyden Developmental Services 411 Chicago Ave Birth – 5 years old	**Gaga Ball** **12–3pm** Park District of Oak Park Fox Park, 624 S. Oak Park Ave Ages 5 – 12
Merry Math Makers Storytime **10:30–11am** Forest Park Public Library 7555 Jackson Blvd 2 – 5 years old	**Family Yoga** **10–11am** Easterseals 120 Madison Street All ages	**Big Blue Blocks** **12–3pm** Park District of Oak Park Longfellow Park, 610 S. Ridgeland Ave Ages 3 – 10
Fun Snacks **11am–12pm** OPRF Food Pantry, 848 Lake Street All ages	**Open Play Time** **3–7pm** Park District of Oak Park Stevenson Center, 49 Lake Street 8 weeks to 6 years old	**"Bone" Appetit at Trailside Museum** **1–1:40pm** Forest Preserves of Cook County 738 Thatcher Ave All ages
Open Play Time **3–7pm** Park District of Oak Park Stevenson Center, 49 Lake Street 8 weeks to 6 years old	**Indoor FUN!** Play flashlight tag hide and seek. Hide objects around your home and turn out the lights. Use flashlights to find the items. The winner hides objects for the next round.	**Swear Like Shakespeare: A Teen Event** **2pm–4:30pm** Oak Park Public Library Maze Branch, 845 Gunderson Ave Grades 6 – 12
Try It Thursday: Shrinky Dinks **4pm–5pm** Oak Park Public Library Main Library, 834 Lake Street Grades 4 –8		**Jim Gill Concert** **3:30–4:30pm** Wonder Works, 6445 W. North Ave Birth to 8 years old
Celebrating Holi **4pm–5pm** Oak Park Public Library Dole Branch, 255 Augusta Blvd Ages 5 and up	**Make binge-reading as fun as binge-watching.** Each night, read a chapter from a book together. Try to finish it by the end of the week. Or, read a series of graphic novels or comics.	
Family Creation Lab **6:30–8pm** Oak Park Public Library Main Library, 834 Lake Street Ages 7 –12		
Family Dance Party **6:30–7:15pm** Park District of Oak Park Gymnastics & Recreation Center, 21 Lake Street All ages		

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Baby Yoga

Join instructor Lindsay Sisti to learn yoga poses to share with your baby. Mats will be provided, but please bring a blanket for baby to lay on. Register at oppl.org/calendar.

Big Blue Blocks

Make super-sized creations in Longfellow Park with these fun foam blocks. Rain or shine.

"Bone" Appetit at Thatcher Woods

Join us during feeding time to learn about Trailside's outdoor resident animals including our new fox, owls, hawks and coyote.

Celebrate Spring Fest

Build and play with natural materials, make a decorative terrarium, create a plant press and more at the Forest Preserves park, River Forest.

Celebrating Holi

Learn more about the Hindu Spring Festival and why this beautiful celebration is also known as a Festival of Colors and a Festival of Love. Share stories and create some inspired artwork.

Chess Champs Club

Join us for a two-hour chess workshop and open play chess club every Tuesday, led by instructor Luis Tubens. Chess boards will be provided.

Cultural Creations

Learn about different cultures around the world through artwork. You will leave with a better understanding of the diverse world around you along with your handmade piece of art!

Drop-In Playgroup

Children can play in our large group room, participate in a craft, and sing songs during circle time at Oak-Leyden.

Family Creation Lab

Families are invited to create something cool together at the Oak Park Library Main branch.

Family Dance Party

Come and get your groove on with easy-to-follow games, group dances, and free dance time. You may even get a chance to be a DJ!

Family Recycled Art

Visit Austin Gardens to make some treasured art with your family from recyclable materials.

Family Yoga

Buddha Belly Kids Yoga will lead families through an hour of yoga. All ages welcome.

Fun Snacks!

Build your own healthy snacks and learn about nutrition at the Oak Park Food Pantry.

Gaga Ball

Learn this fun group game in our inflatable gaga pit. We will provide equiptment and instruction.

Honey Bees Open House at Oak Park Village Hall

Come see the inside bee obervatory and meet our Village Bee Keeper.

Jim Gill Concert

A trained child development specialist, Gill has been educating, entertaining and delighting children for over 20 years. Free entry to Wonder Works 3/23 at 3pm.

Kids Improv Workshop

Never acted before but always wanted to try? Looking for a way to build your sharing and co-operation skills? Come join us for fun and games that are sure to test your quick-thinking skills. And remember, in improv, everyone wins!

Living History Project

Youth in grades 6–12 will cultivate social and critical thinking skills, develop research skills, learn about the histories of social movements in the U.S., and gain public speaking experience.

Merry Math Makers Storytime

We playfully explore early math concepts like sorting and counting through participatory stories and hands-on art activities.

Messy Art Day

Bring your creative ideas and your little ones, and get ready to make some art. Leave the clean up to us.

Mother Goose Remixed Toddler Storytime

This toddler remix of our popular Babybugs program is full of music and motion and perfect for busy walkers and toddlers.

Music Makers

Come and join us for a fun-filled music and movement class lead by Alison Keane.

Open Play Time

Run and play in our indoor playground perfect for ages 8 months to 6 years.

Parent Meet-Up at New Moms

Fun activities for kids in our developmentally appropriate classroom and onsite child-free time for parents. No fee for this visit and parents will receive $5 off a future visit. RSVP by 3/15 to oakparkprograms@newmoms.org.

Police Station Story Time

Visit the River Forest Police Station for this special story time and tour.

Rebel Girls Story Hour

Join us for an inspirational story from the Good Night Stories For Rebel Girls and stay for a themed art project.

Social Change Theatre Project

Join us to play with theatre as a means of social change. Learn improv techniques and help create a piece to perform at the library and elsewhere.

Swear Like Shakespeare: A Maze Teen Event

Are your insults drab and unimaginative? Do you struggle with comebacks? Have you ever wanted to learn the difference between elf-skinned and urchin-snouted? Join us and learn how to swear like Shakespeare!

Toddler Yoga

Join yoga instructor Lindsay Sisti to learn yoga poses to share with your toddler. Mats will be provided. Register at oppl.org/calendar.

Tour the Oak Park Police Department

Tour the police station, meet the officers and learn about law enforcement services.

Tour the Oak Park Fire Station

Take a tour through the bay floor of Oak Park Fire Station #1 and see the vehicles used by the department.

Try-It Thursday

Students in grades 4-8 can create something new each week, eat snacks, and hang out at the library. This week's activity: Shrinky Dinks!

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