

National TV Turn-Off Week
A poem for Kids
by Stacey Bondurant
(StaceyBondurant@comcast.net)

It's National TV Turn-Off Week!
Don't roll your eyes and please don't freak!
Just do what's cool, hip, wise and chic!
And drop that act of "TV GEEK"!

Get your lazy ole carcass up off of that couch!
Look how you're slumped over
 like a boneless limp slouch!
Your only exertion is a dozing nod.
Come on! Get up! And move that bod!

Turn off that tube! And go outside!
Get on your bike. Enjoy the ride.
Toss a Frisbee and watch it glide.
Climb up that ladder, go down that slide!

Drift far away in a classic book.
They're better than movies! Just take a look!
Catch salamanders in a babbling brook.
Or dunk that basketball with a mean left hook!

Play with pets, or play a game.
Draw funny pictures, no two the same.
Get out the paints, scissors, glitter and glue.
There's so many cool crafts you can do!

Write a friend, or go for a walk.
Play tic tac toe with some sidewalk chalk.
Write a story, a poem or song.
Be creative! You can't go wrong!

You say you can't 'cuz you've forgotten?
Has your turned off brain
 gone limp and rotten?
Hey listen man, I'm not being rude,
But you've got to do more
 than watch TV, dude!

You can't sit around for hours like that.
To sit all day will make you fat!
And the TV snacks that you've been eating
Don't help your health;
 it's YOU you're cheating!

Just watch your body grow lean and strong.
If you just get active, it won't take long!
It's great for you to get "exercise".
It's either that or go "extra-size"!

Your brain needs working out each day too!
You can't just stare with no thinking to do.
Now there's nothing wrong
 with a little Sponge Bob,
But then get up, or you'll become
 a "Sponge BLOB"!

Yup, it's National TV Turn-Off Week.
It's in with sleek and out with geek!
It's a great idea you should give a try.
And once you do, you'll understand why!