

SCREEN-FREE ACTIVITIES IN LANGLEY:



Fraser Valley Regional Library - Events, Playground, Digital Content:
<https://www.fvrl.bc.ca/>

Langley Early Years Hubs



Langley Early Years Hubs:

<https://www.leyc.ca/#/hubs#lccommunity>



Langley City Youth: <https://city.langley.bc.ca/recreation-culture/langley-city-youth>

SCREEN-AWARE RESOURCES:



Live5210 <https://live5210.ca/>

Family Digital Literacy Resource, Live5210 Screen Time Fact Sheet & Live5210 Activity and Resource Toolkit:
<https://live5210.ca/resources>



Screen time and digital media: Advice for parents of school-aged children and teens:
<https://caringforkids.cps.ca/handouts/behavior-and-development/screen-time-and-digital-media>



Fairplay Children & Family Nature Inspiration Guide:
<https://fairplayforkids.org/pf/children-family-nature-inspiration-guide/>



Screen-Free Week Resources for Families:

<https://www.screenfree.org/resources-for-families-individuals/>



Canada's Centre for Digital Media Literacy

Media Smarts: [For Parents](#) | [MediaSmarts](#)



Family Tech Time Interactive Tool:

<https://langleychildren.com/initiatives/familytechttime/>