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## HOURS OR LESS RECREATIONAL SCREEN TIME

**Limiting screen time gets your body moving  
and exercises your brain!**



Do you know how much time you or your family spends in front of a screen?

Try keeping track on the chart below to see how much time is spent on a screened device. If it adds up to more than 14 hours a week, discuss other ways to have fun.

	TV	Cell Phone	Video Games	DVD	Computer/Tablet	Time (hours)
Monday						
Tuesday						
Wednesday						
Thursday						
Friday						
Saturday						
Sunday						

Notes: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Total Hours**

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While screens can be helpful, too much screen time can keep you in one place for too long.

### Exercise both your brain and body to be healthy!

Circle the activities you like to do and make a plan to do more of them! Fill in the blanks

Ride your bike	Walk around your neighborhood	Visit the library	Walk the dog
Build a tower out of blocks	Practice karate	Color or draw	Take a hike
Skateboard with your friends	Play hopscotch	Play with clay	Play softball or baseball
Play basketball	Read	Solve a puzzle	Write a story
Jump rope	Go to the park	Play a board game	Go swimming
Dance	Visit the zoo	Take a gymnastics class	Play catch with a ball or frisbee

When screen time is over or you feel bored, this list can remind you of fun things to do!

Notes: \_\_\_\_\_  
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\_\_\_\_\_

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It is important for your body and brain  
to sit less and move more.



How many activity words can you find that  
do not use screens?

### Word Bank

Bike  
Board games  
Build  
Dance  
Draw  
Frisbee  
Puzzles  
Read  
Run

E	E	B	S	I	R	F	R	B	S
C	D	G	T	F	I	B	Q	O	T
N	G	L	W	S	J	F	S	A	D
A	R	U	I	E	Q	P	I	R	B
D	T	E	T	U	U	Q	N	D	K
F	N	I	A	Z	B	B	G	G	C
H	R	U	Z	D	I	D	R	A	W
W	M	L	R	K	B	Q	W	M	T
T	E	L	E	F	M	E	I	E	I
S	A	P	I	K	S	H	Z	S	M

### Tips to Reduce Screen Time

- \* Create a screen time schedule
- \* Keep TVs or screens out of bedrooms
- \* Make a list of other activities you like to do
- \* Discuss family rules, such as no screens during meals or before/after a certain time
- \* Record missed TV shows to watch on another day

Notes: \_\_\_\_\_

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