



Screen Time Challenge!

Student Name: _____

Description:

During the week/month of _____, students will participate in a challenge to limit recreational screen time to two hours or less every day. Too much screen time puts kids at risk for lower reading scores, attention problems, and problems learning. Limiting screen time can help prevent childhood obesity. Use screen time for educational purposes only. Screen time includes time spent watching TV, playing video games, using a computer, and using mobile devices such as smart phones and tablets. To help the students keep track of how many days they are ONLY participating in recreational screen time or less, we are providing them helpful tips, and a calendar to track their progress.

How to Implement Challenge:

- Use physical activity to replace screen time.
- Support families in limiting recreational screen time.
- Inform them of tips and incentives for participating in the challenge.
- Let's Get Started!

Materials:

- (Incentive)
- Calendar
- Pause to Play Activity Sheet (Pg. 115 of toolkit)
- Take Home Activity Bags (Pg. 116 of toolkit)
- Healthy Activities for School Vacation (Pg. 117 of toolkit)
- Calendar



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Key Talking Points:

Promote healthy viewing habits

- TV and other electronic devices can get in the way of learning, exploring, playing, sleeping, and interacting with parents and others, which encourages learning and healthy physical and social development.
- Turn off TV and put away handheld devices during any meal time.
- Treat screen time as a privilege to be earned - not a right.

Interesting Facts about TV

- Screen time can be habit forming: the more time kids engage with screens, the harder time they have turning them off as they become older.
- Over half of advertisements during kids' TV shows are about foods, and up to 98% of these promote foods that are high in fat, sugar, and/or sodium.

Healthy Sleeping Habits

- How much sleep is enough?
 - Ages 3 to 5: 10-13 hours of sleep
 - Ages 6 to 13: 9-11 hours of sleep
 - Ages 14 to 17: 8-10 hours of sleep
- Tips for bedtime
 - Help your child prepare for school the night before by laying out clothes, backpack, pack lunch.
 - Make bedroom a screen-free zone.
 - Avoid screen time at least one hour before bedtime.

Incentives:

- Receive coupons with special privileges.
- Eat lunch outdoors or have a picnic.
- Get a trip to a treasure chest full of small, non-food items (e.g., bubbles, crayons, finger puppets, Slinkys, yo-yos, rubber balls, spinning tops, stickers, school supplies, etc.).
- Get a monthly indoor or outdoor physical activity event to celebrate.
- Listen to music while working.
- Get extra credit.
- Be given less homework.
- Get a late homework pass.
- Get tickets to school events (e.g., sports games, dances).
- Earn sports equipment or athletic gear (e.g., frisbees, water bottles, head or wrist sweat bands, NERF balls, etc.)

Additional References:

- Why Does It Matter? (Pg. 113 of toolkit)
- Media Literacy (Pg. 122 of toolkit)
- Limit recreational screen time to 2 hours or less every day (pg. 123 of toolkit)
- Unplugged! (pg. 127 of toolkit)



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Description:

1. Mark how much time you spent for each of the categories below.
2. Remember, the goal is to remain under two hours everyday.

	T.V. or Movies	Video Games	Texting or Email	Internet Browsing	Total Hours Per Day
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					

Total Hours Per Week: _____