

MARCH NEWS

CHALLENGE: 2 HOURS OR LESS OF SCREEN TIME A DAY

Name: _____

Teacher: _____ Grade: _____

Screenless Fun:

- Make a “family bucket list” of things you can do besides watching TV and put it on the fridge and cross them off as you complete each one
- Have a family game night! Try Twister, UNO, or Go Fish!
- Remove all “screens” from your bed room. You should turn off all screens at least one hour before you go to sleep!
- Go to the grocery store as a family. Pick out healthy snacks you like to bring to school and healthy options for dessert! Try the healthy yogurt bark below.
- Try doing a puzzle as a family and set a timer to see how long it takes you!

Recipe: YOGURT BARK



Ingredients:

- 1 Cup plain yogurt
- ¼ Cup blueberries
- ¼ Cup strawberries
- ¼ Cup granola

Recipe:

- Cut up strawberries into chunks.
- Line baking sheet (or plate) with wax paper. Scoop yogurt onto sheet and spread into flat layer.
- Scatter toppings on yogurt.
- Freeze for 6-8 hours.
- Cut frozen yogurt bark into chunks and enjoy!



BILLY'S TIP

Games from the Past:

As a family, select a sport or activity that your parents or grandparents did when they were in school! Try it as a group.



Screen Search



Find the words in the search below that are around screen time. Try to avoid these activities and think of new ways to have fun!

What activities can you do instead of screen time?

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

COMPUTER
TELEVISION

CELLPHONE
TABLET

VIDEOGAMES
LAPTOP

