

# 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.



# Word Scramble



Unscramble the words about screen time. Write the words in the boxes below and remember to only have 2 hours of screen time each day.

## Word Box:

Computer	cellphone	video games
television	tablet	laptop

tolpap

etlbat

oetenivils

cprmoteu

deoiv agsem

celnhepol