## **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**



Independent



- 1 Cup plain yogurt
- <sup>1</sup>⁄<sub>4</sub> Cup blueberries
- <sup>1</sup>/<sub>4</sub> 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!





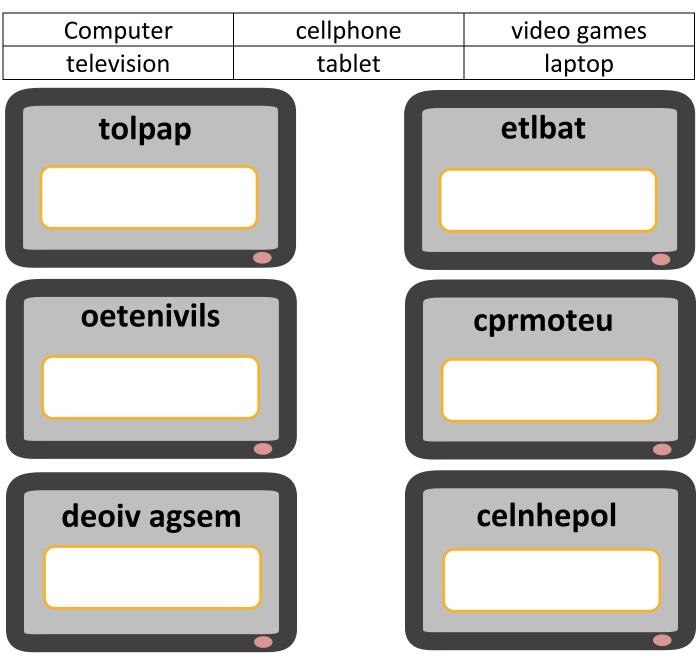
### BILLY'S TIP Games from the Past: As a family, select a sport or activity that your parents or grandparents did when they were in school! Try it as a group.

Visit www.FitnessForKidsChallenge.com for more healthy recipes and activities! 💦 👫 Like Independent Health Foundation on Facebook

# 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: