

MARCH

Billy Buffalo's Tip

IT'S IMPORTANT TO NOT SPEND TOO MUCH TIME ON DEVICES.

Too much screen time means that there is less time to be physically active during the day. Decreasing screen time helps to keep your brain active.



2

2 HOURS OR LESS OF SCREEN TIME



Track Yourself

Make a bar graph by shading in the boxes for how many hours of screen time you had. Try to keep it under 2!

HOURS	10							
	9							
	8							
	7							
	6							
	5							
	4							
	3							
	2							
	1							
		S	M	T	W	T	F	S
		DAY						

Which days did you have the most screen time? _____

What can you do instead of screen time? _____



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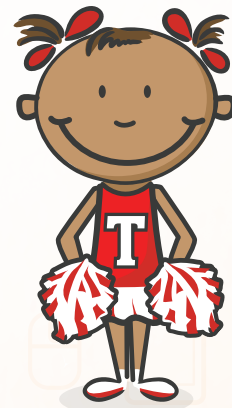
School Spotlight

SCREEN TIME

Wyoming Central School students work to teach each other about the bad habit of too much screen time. Talk to your friends about why too much screen time is bad. Brainstorm things you can do together instead.



Try This...



CREATE A NEW DANCE MOVE

Give it a name and teach it to your friends

MARCH

Challenge:

CHOOSE TO BE ACTIVE

Write your favorite indoor and outdoor activity that isn't electronic

1. _____
2. _____
3. _____

1. _____
2. _____
3. _____


Share with your class and make one big list!

Activity

LESS SCREEN TIME BOARD GAME

START	10 Jumping Jacks	5 Push Ups	10 Sit Ups	Played outside. Move Ahead	Run in place for 15 seconds	10 Jumping Jacks	Balance on 1 leg for 15 seconds	You're full of energy! Roll again
5 Long Jumps	10 Sit Ups	Run in place for 15 seconds	10 Jumping Jacks	3 Push Ups	Balance on 1 leg for 15 seconds	Run in place for 15 seconds	5 Push Ups	10 Sit Ups
	Balance on 1 leg for 15 seconds	Stopped to watch TV. Move Back						10 Jumping Jacks
	Run in place for 15 seconds	5 Push Ups	10 Sit Ups	Spent too long playing video games. Move back	10 Jumping Jacks	5 Push Ups	10 Sit Ups	FINISH

RULES:
Roll a die and move your piece that number of spaces. Complete the exercise of the square you land on.



Name _____

Grade _____ Teacher _____



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