

# MARCH

## Billy Buffalo's Tip

**IT IS 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**



## 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.



## Track Yourself

**COLOR IN ALL THE DEVICES YOU USED EACH DAY. REMEMBER, TRY TO KEEP IT UNDER 2 HOURS EACH DAY!**

	TV	VIDEO GAMES	PHONE	TABLET	COMPUTER
DAY 1					
DAY 2					
DAY 3					
DAY 4					
DAY 5					



**Fitness  
for Kids  
CHALLENGE**

AN INDEPENDENT HEALTH FOUNDATION PROGRAM

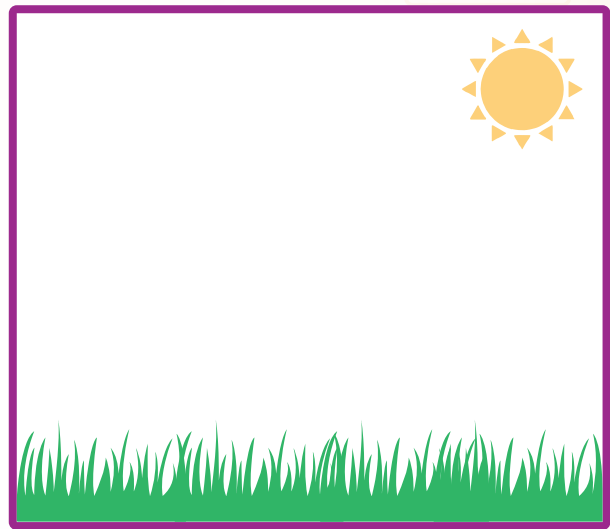
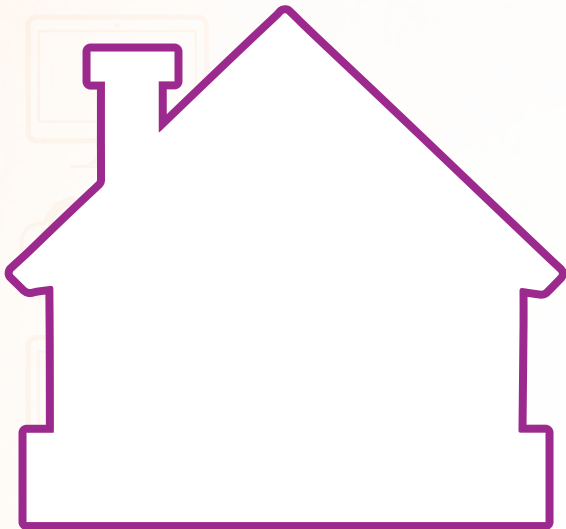
For more information and activities visit: [www.FitnessForKidsChallenge.com](http://www.FitnessForKidsChallenge.com)

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## Challenge:

### CHOOSE TO BE ACTIVE

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



Share with your class and make one big list!

## Activity

### LESS SCREEN TIME RELAY:

Split the class into even teams. One person at a time for each group goes to find something in the classroom that they can do other than screen time (book, ball, markers, etc.). The group that has everyone find something first wins!



## Try This...

### CREATE A NEW DANCE MOVE

Give it a name and teach it to your friends!

Name \_\_\_\_\_

Grade \_\_\_\_\_

Teacher \_\_\_\_\_

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