



2

2 HOURS OR LESS
OF SCREEN TIME

Screen Smart March Newsletter

2025-2026 | 3-5

Name: _____

Grade: _____ Teacher: _____

WHY IT MATTERS

Spending **less time on screens** helps your brain stay sharp, your body feel good, and your mood stay happy. When you read, draw, play, or use your imagination, you're helping your brain grow stronger and smarter! Your brain and body work best when you take screen breaks—because awesome kids like you are made to think, create, and explore!

RACHEL'S JOKE

Why did the computer go to the beach?

To surf the web!



CHALLENGE

Healthy Habits

Circle all the correct answer.

1. What happens if you use screens too much?

- a) You get better sleep
- b) Your eyes can get tired
- c) You want to eat more
- d) Your brain grows faster

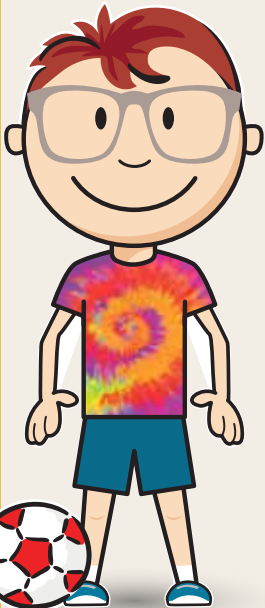
2. What does the screen's light do to your brain?

- a) Helps you fall asleep faster
- b) Makes your brain want to run
- c) Tricks it into thinking it's daytime
- d) Makes your brain smarter

3. Why do kids need to move their bodies each day?

4. Name one reason it's good to spend less time on screens.


5. What is one screen-free activity you enjoy?



AN INDEPENDENT HEALTH FOUNDATION PROGRAM

For more information and activities visit:
www.FitnessForKidsChallenge.com

ACTIVITY Poster Design: “Unplug and Play!”

 **Instructions:** Create a colorful poster showing 2–3 fun things to do without screens and come up with a fun title. Invite your friends to do the activities you drew and encourage them to take a break from screens and enjoy fun, screen-free activities.



CELEBRATE AND REFLECT

Screens or Feel-Good Fun?

Check off all the things you’ve done this week instead of screen time:

- I played with a friend
- I helped someone
- I read a book
- I played outside
- I did a quiet activity
- I talked to my family
- I drew or colored something

Which one made you the happiest? Circle it!



JOKE

What do kids play when they don’t have a phone?

Bored games.

Create **screen free zones** in your house, where screens are not allowed to be used, such as the dinner table, bedroom, or playroom! See if you can stay off screens all night no matter where you are in the house.

AT HOME TIP