



2 HOURS OR LESS  
OF SCREEN TIME

# Screen Smart March Newsletter

2025-2026 | K-2

Name: \_\_\_\_\_

Grade: \_\_\_\_\_

Teacher: \_\_\_\_\_

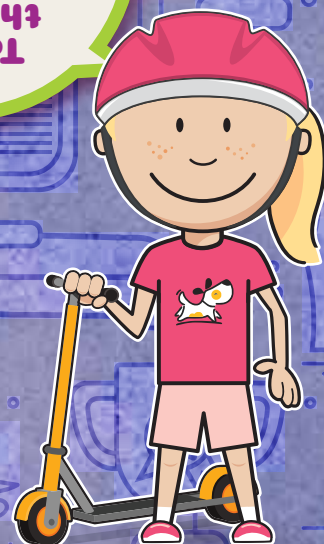
## WHY IT MATTERS

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

### How much is too much screen time?

**Did the Fit Kids watch screens for 2 hours or less?** Read the stories below.

- If the kid used screens more than 2 hours, circle the word "more."
- If the kid used screens less than 2 hours, circle the word "less."

1. Amira was playing video games after school from 6:00 until 8:30.

**MORE+**

**LESS-**

2. Jake watched television after dinner from 7:00 until 7:30. Then he started to get ready for bed.

**MORE+**

**LESS-**

3. Alex did his homework on his tablet from 4:30 until 5:30 before he ate dinner with his family.

**MORE+**

**LESS-**

4. Rachel read her favorite book in bed from 8:00 until 8:30 before she fell asleep.

**MORE+**

**LESS-**

5. On Saturday, Emily played on her tablet from 10:00 in the morning until 11:00 in the morning. She then watched her favorite television show from 11:00 until 12:30 before her lunch.

**MORE+**

**LESS-**

**MORE+**  
**-OR-**  
**LESS-**



AN INDEPENDENT HEALTH FOUNDATION PROGRAM

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

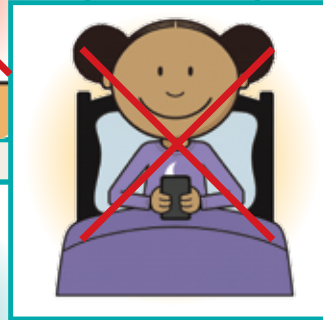
## ACTIVITY

### Match the screen time rule.

Can you match the screen time rule to the correct picture? Draw a line.

#### Rules:

1. **Play outside** for at least 60 minutes every day!
2. **No screens** during meal time.
3. Always **ask a grown-up** before using screens such as tablet, phone, video games, television, etc.
4. Avoid using screens **before bed**.
5. **Be kind** online!



## 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