

Screen Smart March Newsletter

2026-2027 | 3-5

Name: _____

Grade: _____ Teacher: _____



2 HOURS OR LESS
OF SCREEN TIME

The Big Why:

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!

Take the Challenge

Screens can be useful for learning, communicating, and having fun. But your brain and body also need time for sleep, movement, hobbies, family, and face-to-face time. Your challenge is to figure out how to create a healthy balance.

Create a Balanced Afternoon

You have **3 hours of free time** after school. Create a plan that includes:

- Screen time
- Physical activity
- A relaxing activity
- Time with family or friends
- Homework/reading

My 3-hour plan:

Activity:	Amount of Time:
_____	_____ min
_____	_____ min
_____	_____ min
_____	_____ min
_____	_____ min
TOTAL	180 min

Design a Screen-Smart Rule

Create one realistic rule or strategy that could help you balance screen time with other healthy activities.

My Screen-Smart Strategy:

This could help because:

Why do you think taking breaks from screens is important?



Why did the computer sneeze?

It had a virus!

Get Moving!

When the screen goes off, your body gets to turn **ON**! Have a family member or classmate shout out the battery power and act out the move!

100%—Screen Time: Sit still like a frozen tablet.

75%—Screen Break: Stand up and stretch.

50%—Getting Moving: March in place.

25%—MOVE! Do jumping jacks, hops, or run in place.

0%—POWER DOWN! Freeze!

Shout **SCREEN OFF** and do your best dance move!



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

Did you know? Making a healthy snack is a fun way to take a break from screens! Turn them off and make this healthy snack with a grown-up.

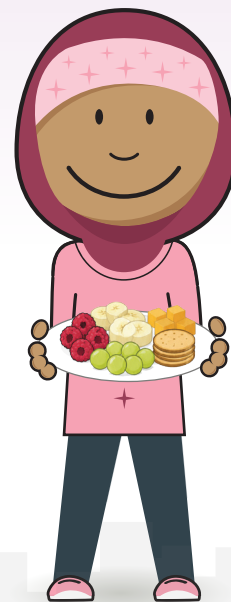
Traffic Light Snack

YOU'LL NEED:

- **Red fruit/veggie:** strawberries, raspberries, watermelon, tomato, red pepper
- **Yellow fruit/veggie:** banana, pineapple, yellow pepper
- **Green fruit/veggie:** cucumber, grapes, broccoli
- **Protein:** cheese cubes, hummus, Greek yogurt
- **Whole-grain crackers**

Make It:

1. **Arrange** the red, yellow, and green foods to look like a traffic light.
2. **Around it,** add your protein and crackers as the **“fuel”** for your body.
3. **Make** a pretend road with the crackers.
4. **Choose** a **“traffic light”** to eat first!



Family Corner

Family Challenge: Choose a few fun movements as a family, such as 5 sit-ups, 10 arm circles, 5 jumping jacks, 10 arm circles, 10-second silly dance, 5 stretches or 10 hops. Throughout the day, when you catch someone using a screen, call **“PAUSE!”** Stop the screen and all do a quick movement of your choice together.

What was your favorite family movement?

Who in your family needed the most **“PAUSE!”** breaks?

Dream big and share your family's answers with us for a chance to **WIN!**
ADULTS: Scan the QR code monthly and take the quick survey.



You blink less when you're staring at a screen. That's one reason your eyes can feel tired or dry after lots of screen time—and why it's important to limit your time with screens.

Fun Fact!