

7

Tips to Reduce Screen Time

Learn helpful ways for your program to reduce screen time!

#1

Set a good example

Kids follow what they see. Set a good example by putting down your phone, turning off the TV, and finding active ways to play.



#2

Make Screen Time = Active Time

Get up and move throughout a movie, swap out traditional video games to interactive games like the Wii or Dance Revolution.



#3

Set Screen Time Limits

Limit screen time to 1-2 hours per day.



#4

Log Screen Time vs. Active Time

Create a contest: Get your students to track their active vs. screen time throughout the week.



#5

Host a screen free day once a week

Hosting a screen free day shows your students that there are alternatives to screen time. Provide fun, active, and creative games and activities!



#6

Provide Active Alternatives

Activity cards (fitkids decks) and yoga pretzels allow kids to have active alternatives



#7

Create an Action Plan

Ask your kids for suggestions on how they'd like to reduce screen time. Create an action plan for your program on ways you can reduce screen time together



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