

STRATEGY 5: Limit Recreational Screen Time

how to implement

As a school, it's important to limit recreational screen time during school hours and to support families in limiting screen time outside of school. Use the ideas below to work on both areas!

Bolded items mean there is a supporting handout in this section!

SCREENS

include TVs, computers, video games, tablets, and smartphones.

RECREATIONAL SCREEN TIME

is screen time used for non-educational purposes.



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Use screen time for educational purposes only.

Use physical activity to replace screen time.

- Get some ideas from the **Pause to Play!** handout.

Support families in limiting recreational screen time:

- Create **Take Home Activity Bags** for families to borrow.
- Host family fun nights to provide families with an alternate activity to screen time.
- Send home the **Healthy Activities for School Vacation**.
- Use the **My Favorite Things to Do Instead of Watching TV** worksheet.
- Do a **Screen Time Challenge**.
- Inspire families to participate in **National Screen-Free Week**.
- Send home the **It's Summer! Let's Ditch the Screens and Play!** handout.
- Help protect kids from the unhealthy effects of media by teaching them **Media Literacy** skills.

Learn about the importance of limiting recreational screen time and how to do it and share this knowledge with families using these handouts:

- **Limit Recreational Screen Time to Two Hours or Less**
- **Step Away From the Screen!**
- **Ditch Your Phone for an Hour a Day to Get Active and Play!**
- **Promote Healthy Viewing Habits**
- **Unplugged!**
- **Healthy Sleeping Habits**

Set a policy that limits recreational screen time.

- Refer to the **Let's Go! Recognition Program packet** in the 'Step 5: Celebrate' Tab for help with this.

