**2**

## 2 HOURS OR LESS OF SCREEN TIME

Name _____

Grade _____ Teacher _____

## RACHEL'S TIP:

**It is important to not spend too much time on devices.**

Instead, find ways to keep your body moving and your brain active! Staying active is an important step to help your body to grow up to be strong and healthy!

## ACTIVITY:

**What day of the week is it?** Can you do the exercise/activity that matches what day of the week it is? Try and do each exercise this week!

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|--------|---------|-----------|----------|--------|----------|--------|
| 10 JUMPING JACKS | 5 BUNNY HOPS | 20 SECOND RUN IN PLACE | 15 SQUATS | 30 SECONDS OF MEDITATION/ SEATED SILENCE | 10 SITUPS | 1 MINUTE OF STRETCHING |

## JOKE!

Why did the video game console decide to take a vacation?

**Because it was tired of being played all the time!**

## BE YOUR BEST YOU!

**Feeling emotions.** It's okay to feel your emotions! Sometimes different situations can make us feel sad, happy, mad or embarrassed. Can you look at the Fit Kid faces below and write an example of why they may be feeling that emotion?

**Angry:** _____

**Embarrassed:** _____

**Happy:** _____

**Scared:** _____

**Sad:** _____

## Fitness for Kids CHALLENGE

AN INDEPENDENT HEALTH FOUNDATION PROGRAM

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

**True or False!** Use what you learned about screen time to answer the questions below. Write a **"T" for true** if the sentence is true or write a **"F" for false** if the sentence is not true.

1. Screen time is something I can't control. _____
2. Reading a book is good exercise for my mind. _____
3. Too much screen time can affect my health. _____
4. Video games do not count as screen time. _____
5. I can get better sleep at night if I don't use my iPad, TV or phone in bed. _____
6. I should aim for at least 3 hours of screentime a day. _____
7. I spend more time with my family and friends when I am using screens. _____
8. On average 8-10 year olds are using screens 6 hours per day. _____
9. I can limit my screentime by getting outside to play. _____
10. Too much screen time isn't healthy for my emotions and can affect my mood. _____
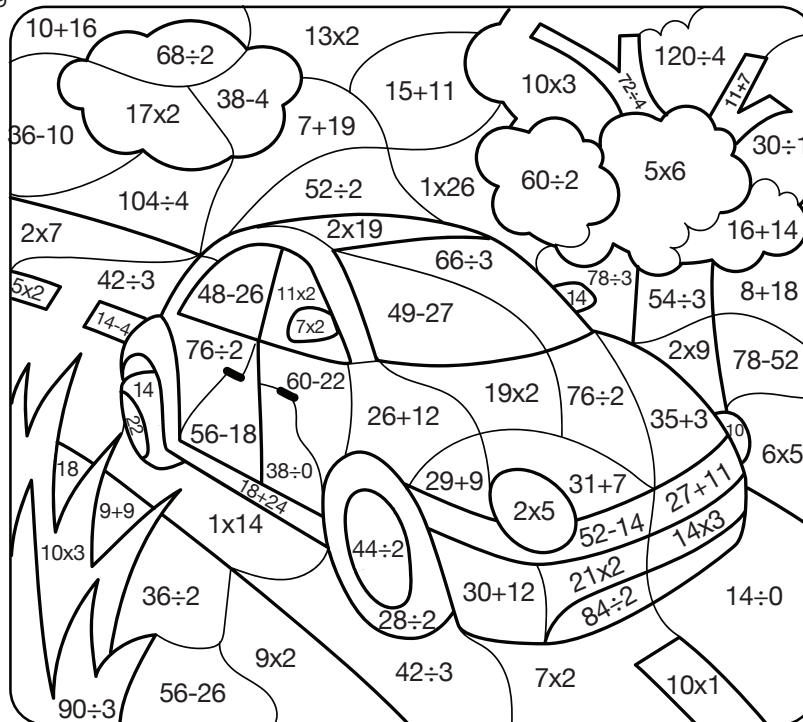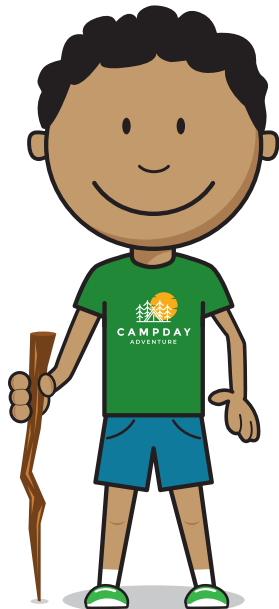
> After-school activities help me limit my screen time and keep me healthy!
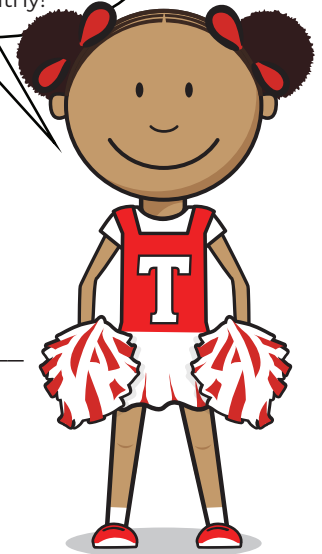
1. False  2. True  3. True  4. False  5. True  6. False  7. False  8. True  9. True  10. True

## COLOR BY MATH

Marco and his family are leaving their screens behind and going camping. Solve the math and color the picture to see how Marco will get there.

10+16, 68÷2, 13x2, 36-10, 17x2, 38-4, 15+11, 10x3, 120÷4, 72÷4, 11x7, 7+19, 30÷1, 104÷4, 52÷2, 1x26, 60÷2, 5x6, 2x7, 2x19, 16+14, 66÷3, 78÷3, 5x2, 42÷3, 48-26, 11x2, 14, 54÷3, 8+18, 14-4, 7x2, 49-27, 2x9, 78-52, 76÷2, 60-22, 19x2, 76÷2, 35+3, 14, 56-18, 26+12, 10, 6x5, 18, 38÷0, 29+9, 31+7, 27+11, 9+9, 18+24, 2x5, 52-14, 14x3, 10x3, 1x14, 44÷2, 30+12, 21x2, 84÷2, 14÷0, 36÷2, 28÷2, 42÷3, 7x2, 10x1, 90÷3, 56-26, 9x2

**Answers:**

- 10 Yellow
- 14 Black
- 18 Brown
- 22 Gray
- 26 Light Blue
- 30 Green
- 34 White
- 38 Red
- 42 Dark Red

Independent Health FOUNDATION

Fitness for Kids CHALLENGE

**MARCH** NEWSLETTER

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