

# Reduce Screen Time

**Aim for no more than 2 hours a day.**

Aim for no more than 2 hours a day, including TV, computers, video games and apps.

Instead of screen time, get kids moving.

## **INDOOR ACTIVITIES:**

- Hide an item, like a stuffed animal, in the house and let your child find it.
- Read books and act out movements to a story.
- Keep supplies on hand for coloring, finger painting, and play dough.
- Make a favorite recipe together.
- Put a puzzle together.



## **OUTDOOR ACTIVITIES:**

- Blow bubbles.
- Go on a bug safari - see how many different types of bugs you can find.
- Take a walk to the library and check out a book.
- Climb the jungle gym at the local park.
- Use sidewalk chalk to draw pictures or create a hopscotch board.