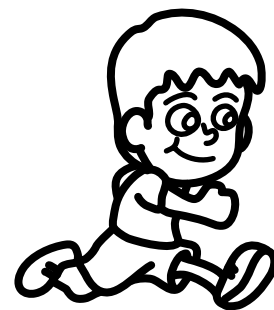
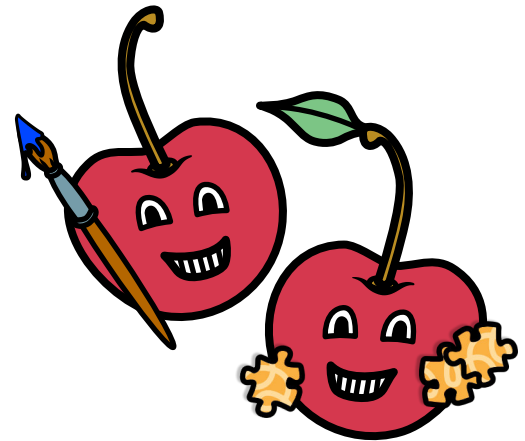
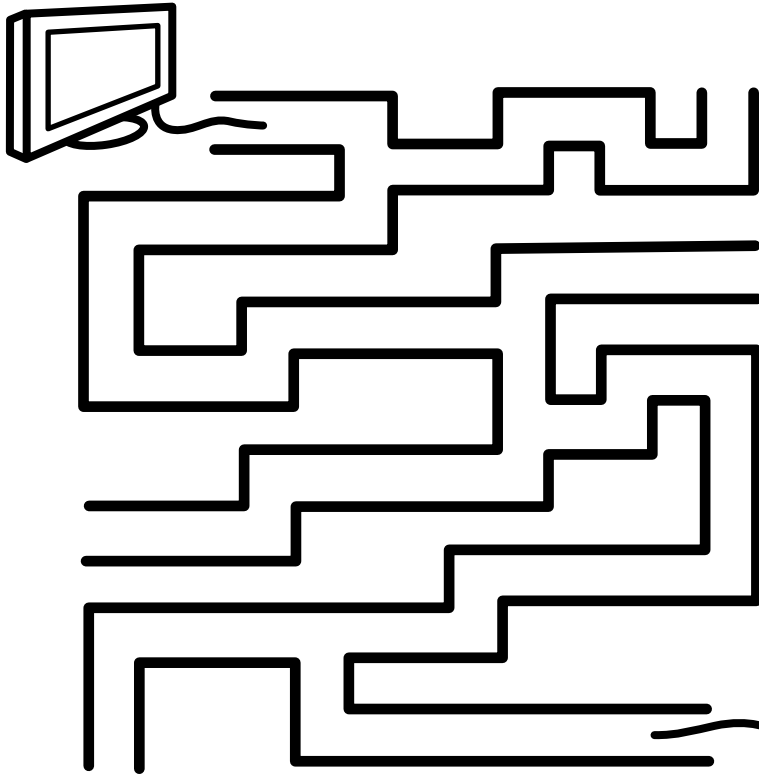
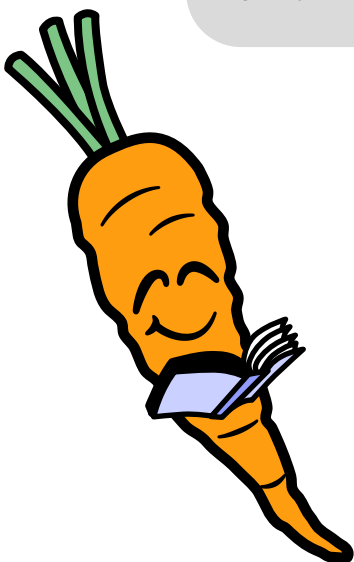


Unplug to have more fun!



Watch 2 or less hours of screen time every day!
Too much screen time prevents you from playing outside with friends or reading.



My favorite non-screen activity is _____!

What counts as recreational screen time?

- Watching YouTube videos
- Playing video games
- Watching TV
- Using a computer for school
- Using the tablet or phone