



Healthy Choices Count!

IowaHealthiestState.com

JULY

SET DOWN SCREENS

#HealthyChoicesCount

DID YOU KNOW?

Kids who spend less time watching TV in their early years tend to do better in school, have a healthier diet, be more physically active, and be better able to engage in schoolwork.



STRATEGY 5: LIMIT RECREATIONAL SCREEN TIME

- Does your school/program limit recreational screen time (TV, phones, tablets, computers, etc.) during the day?
- Does your program use screen-time as a reward?



SET ASIDE THOSE SCREENS!

Start a Screen Time Challenge

Challenge children to set a screen time goal and create a tracking sheet to log the amount of screen time. Give weekly progress reports to see how they did!

Have Unplugged Fun

There are tons of fun screen less activities to do indoors and outdoors: Go on a hike, have a picnic, volunteer in your community, learn all the lyrics to your favorite song, teach your pet a new trick, handwrite a letter to a family member or friend, play charades, go to the library.

Need more ideas? Visit IowaHealthiestState.com/5210-resources



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