**STRATEGY 5: Limit Recreational Screen Time**

**how to implement**

**Kids get most of their recreational screen time during out-of-school hours. Use the ideas below to limit recreational screen time at your program and to support families in doing the same at home.**

**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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**Be wise about screen use during program time:**
- Use screen time for educational purposes only.
- Use physical activity to replace screen time.
- Set guidelines for kids’ use of personal devices during program time.
- Set a policy for all program staff to limit their use of personal devices to emergencies during program time.

**Support kids and families in limiting recreational screen time:**
- Create [Take Home Activity Bags](#) for families to borrow.
- 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.
- Hang [PSA Posters](#) throughout program space (see the front pocket of your toolkit for ready-to-post copies!).
- 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 kids and 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.**
- Connect with your local Let's Go! Coordinator for support.