STRATEGY 5: Limit Recreational Screen Time

how to implement

As a school, it’s important to limit recreational screen time during school hours and to support families in limiting screen time outside of school. Use the ideas below to work on both areas!

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.

Use screen time for educational purposes only.

Use physical activity to replace screen time.
• Get some ideas from the Pause to Play! handout.

Support families in limiting recreational screen time:
• Create Take Home Activity Bags for families to borrow.
• Host family fun nights to provide families with an alternate activity to screen time.
• 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.
• 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 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.