

Change  
the Channel  
PAUSE

# TO PLAY

Kids are getting way too much screen time these days—up to 7 hours a day in some cases. Much of the time kids are spending in front of screens is time kids **USED** to spend being active.

bring  
back  
silly!

In school kids often get extra screen time when there is indoor recess. Let's switch this back around and replace screen time with physical activity!

Here are a few ideas to ensure that instead of screen time during indoor recess kids are getting physical activity:

- Turn on music and have a dance party.
- Set up an obstacle course.
- Do age-appropriate exercise videos.
- Do a scavenger hunt.
- Use the gym to play active games like: Red Light Green Light, Freeze Dance, Hopscotch, Tag, Simon Says, Twister.
- Play Balloon Volleyball: Blow up some balloons. Break into two teams and sit on the floor facing each other. The object of the game is to not let the “volleyball” touch the ground.
- Use the *Motor Breaks and Games for Elementary Schools* booklet that came with your toolkit.

