



UNIT 8:

Reduce TV Viewing

Tune Out The TV!

A nutrition and physical activity curriculum designed to help children develop healthy habits during out-of-school time

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This document was created by the Harvard School of Public Health Prevention Research Center on Nutrition and Physical Activity for educational use in after school programs for children from kindergarten through fifth grade.

About Food & Fun After School

2nd Edition

The goal of **Food & Fun** is to assist program staff in providing healthier environments to children during out-of-school time. The curriculum is designed to incorporate lessons and activities about healthy eating and physical activity into regular afterschool program schedules. **Food & Fun** includes 11 teaching units that encourage healthy behaviors through active play, literacy and math skills development, creative learning, and hands-on snack time activities. With over 70 activities to choose from and a user-friendly layout for each lesson, Food & Fun makes it simple to promote healthy eating and physical activity in your program every day!

Environmental Standards for Nutrition and Physical Activity in Out-of-school Time Programs

- ★ Do not serve sugar-sweetened beverages.
- ★ Serve water every day.
- ★ Serve a fruit and/or vegetable every day.
- ★ Do not serve foods with trans fat.
- ★ When serving grains (like bread, crackers and cereals), serve whole grains.
- ★ Eliminate broadcast and cable TV or movies. Limit computer time to less than 1 hour each day.
- ★ Provide all children with at least 30 minutes of moderate physical activity every day. Offer 20 minutes of vigorous activity at least 3 days per week.

Teaching about healthy behavior is most effective when the program environment is consistent with the **Food & Fun** messages on healthy eating and physical activity. Programs are encouraged to work towards achieving the Environmental Standards for Nutrition and Physical Activity.

Food & Fun materials were created by the Harvard School of Public Health Prevention Research Center on Nutrition and Physical Activity in partnership with the YMCA of the USA's Activate America initiative to help individuals and families lead healthier lives. In addition to afterschool programs, these materials are appropriate for use in a wide variety of out-of-school time programs, like summer camps, sports programs, extended day programs, and before school programs.

For more information on the Environmental Standards, see the **Harvard School of Public Health Prevention Research Center's Environmental Standards for Nutrition and Physical Activity in Out-of-School Time Programs**. All **Food & Fun** materials, including parent engagement tools, tip sheets on implementing the Environmental Standards, snack recipes, and assessment tools can be downloaded at no cost from the Food and Fun website: www.foodandfun.org or www.hsph.harvard.edu/research/prc/projects/food-fun/

Unit 8 Information for Leaders

Behavior Goal

Children will watch less TV.

Key Messages for Kids

- Moving your body keeps you fit!
- Do something active instead of watching TV playing videogames, or spending time on the computer.

Key Information for Program Staff

Television viewing is the most common sedentary activity of children in the United States. Every day 8- to 18-year-olds spend about 4 hours watching TV and DVDs, over an hour on the computer and almost an hour playing video games! Excess TV viewing can lead to less physical activity, overeating, and a higher risk for becoming overweight. This is because children are not active when they watch TV, they tend to snack more, and they see lots of advertising for high calorie, high sugar foods like candy, soda, and fast foods.

The activities in this unit help children recognize how much TV they watch, and more importantly, help you encourage children to replace TV and other screen time (like video games and computers) with other activities that they like. Take the time to brainstorm with the kids in your program to identify a wide variety of screen-free activities they enjoy. It is important to share the key messages and tips for families so parents and guardians can limit TV time at home (see the Parent Communications and Parent Handouts section in the Food & Fun curriculum). Support these messages in your afterschool program by eliminating broadcast and cable TV or movies, and limiting computer time to less than 1 hour each day. If you do show TV in your afterschool program, replace this with physically active games or other non-screentime activities like board games, cards, or arts and crafts. The key to successfully reducing TV and other screen time is to replace that time with activities that children like!

Tip: While physical activity is a great way to spend non-TV time, reducing screen time also provides a wonderful opportunity to promote literacy through reading, crossword puzzles, and other word games. Consider making a connection with your local library to support literacy efforts. Also try participating in a TV Turn-Off week, a national event that takes place each April (see <http://www.tvturnoff.org/>).

Refer to the *“Turn Off That Screen!” Tip Sheet* for ideas on how to eliminate TV and suggestions for non-screentime activities at your afterschool program. The Tip Sheet is also available on the Food and Fun website: www.foodandfun.org or www.hsph.harvard.edu/research/prc/projects/food-fun/

Activity Options for Children



Arts & Crafts

Power Up your Body- Create posters that encourage activities other than watching TV



Active Games

Warm Up & Cool Down – Do these whenever children are active!

Power Up charades – Play charades using activity cards

Walk Around Town- Takes children on scavenger-hunt type walks to discover their neighborhood (works best with younger children)



Books

The Bernstein Bears and Too Much TV by Stan and Jan Bernstein (best for younger children). This story follows brother, sister, and papa bear through a challenging week of no TV, and highlights all of the fun they had when the TV was off.

The Best Way to Play by Bill Cosby (*for older children*) explores what happens when Little Bill and his friends finally get the video game that goes along with their favorite TV show; in the end the young boys realize that it is more fun to act out the show than to play with the video.



Other Group Games or Activities (can be used in circle time or small groups)

Tune Out Challenge – all children assess their TV viewing habits (*older children complete worksheets*)

Connect with Parents!

Key Messages for Parents

- Limit children's overall screen time (TV, videogames, internet surfing, etc.) to less than 2 hours per day.
- Do not allow television sets in children's bedrooms.
- Help children find other things to do besides watching TV, such as playing games, doing crafts or being active.
- Be a good role model and limit your own TV viewing and computer time at home.

Parent Engagement Options

It is important to engage parents on a regular basis in a variety of ways. Here are some ways that you can engage parents at afterschool:

- Have a conversation with parents at pick up
- Create a bulletin board with the key messages from each Food & Fun unit
- Involve parents in daily physical activities and snack time
- Hold regularly scheduled events each month
- Brainstorm TV-free activities. Put up a poster board or tack a large piece of paper onto the wall by the sign-out book. Ask parents and kids to write down their favorite TV-free activity on the board. Keep the poster up for a week and encourage families to write something down every day. At the end of the week record all of the favorite activities and distribute to parents.
- Encourage Commercial Mania. Encourage parents to do the Commercial Mania activity from Food & Fun at home with their kids. Print out copies of the instructions and hand out to parents at pick-up. Follow-up with families to see what they discovered, and ask how they liked the activity!

Refer to Parent Communications and Parent Handouts, available in English and Spanish, to reinforce the messages in this unit of Food & Fun.

1. **Newsletter Article:** "Tune Out TV for Better Health!". Insert this into your program newsletter.
2. **Email message:** "Healthy Habits Power Tips: Tune Out the TV". Email this message to parents at the start of this unit.
3. **Parent Handout:** "Take Control of TV (and other screen time)". Send this handout home in a mailing, insert it into your next newsletter, or have copies available for pick up at your program's sign-out area.

Parent Communications and Handouts are also available on the Food and Fun website: www.foodandfun.org or www.hsph.harvard.edu/research/prc/projects/food-fun/

Resources

Web Sites:

Food & Fun After School has an interactive website, where you can download materials for free:

www.foodandfun.org



Harvard School of Public Health publishes an online nutrition news and resource center:

www.hsph.harvard.edu/nutritionsource/

The Harvard School of Public Health Prevention Research Center on Nutrition and Physical Activity works with community partners to design, implement and evaluate programs that improve nutrition and physical activity, and reduce overweight and chronic disease risk among children and youth. The Harvard School of Public Health Prevention Research Center offers additional materials and resources on nutrition and physical activity:

www.hsph.harvard.edu/prc/

Let's Move is First Lady Michelle Obama's initiative to provide parents with the support they need to make healthy family choices, provide healthier school foods, help kids to be more physically active, and make healthy, affordable food available in every part of the U.S.

www.letsmove.gov/index.html

Alliance for a Healthier Generation is a joint venture between the American Heart Association and the Clinton Foundation with a mission to reduce the nationwide prevalence of childhood obesity by 2015 and to empower kids nationwide to make healthy lifestyle choices.

www.healthiergeneration.org

Action for Healthy Kids is a nonprofit and volunteer network fighting childhood obesity and undernourishment by working with schools to help kids learn to eat right, be active every day and be ready to learn. Their website includes tools and fact sheets about childhood obesity, nutrition and physical activity.

www.actionforhealthykids.org/

The Nemours Foundation's Center for Children's Health Media created KidsHealth to provide families with doctor-approved information that they can understand and use. Includes sites for parents, children, and teenagers and provides a variety of health information, including nutrition and fitness topics. Available in English and Spanish.

www.kidshealth.org

www.kidshealth.org/parent/en_espanol/esp_land_pg/spanish_landing_page.html

Ways to Enhance Children's Activity & Nutrition (We Can!) provides families and communities with helpful resources to help prevent childhood overweight.

www.nhlbi.nih.gov/health/public/heart/obesity/wecan/

Ways to Enhance Children's Activity & Nutrition (We Can!) provides families and communities with helpful resources to reduce screentime and stay healthy.

www.nhlbi.nih.gov/health/public/heart/obesity/wecan/live-it/screen-time.htm

CommonSense Media provides parent education and advice about children's media consumption. Their junk food advertising page has great tips for limiting exposure to harmful marketing for kids of all ages. Available in English and Spanish.

www.commonsensemedia.org/Junk-Food-Ads-Tips

www.commonsensemedia.org/sites/default/files/CSM_Tip_SP_JunkFood.pdf

Media-Smart Youth: Eat, Think, and Be Active! is an interactive education program designed to help teach kids about the complex media world around them. Media-Smart Youth motivates youth to think about nutrition and physical activity, and helps them become aware of the connections between media and their health.

www.nichd.nih.gov/msy/

The Media Awareness Network and the Media Literacy Clearinghouse aim to help empower kids to understand how media and advertising target them.

www.media-awareness.ca/english/teachers/index.cfm

www.frankwbaker.com/advertising2.htm

The American Academy of Pediatrics published a position paper which recommends no more than 1 to 2 hours of quality programming per day.

<http://aappolicy.aappublications.org/cgi/reprint/pediatrics;107/2/423.pdf>

Web Sites for Kids:

The BAM! (Body and Mind) program provides tweens with tips on nutrition and physical activity. Children can explore the over 30 physical activities, including the necessary gear and how to play. They can also find great ideas for healthy snacks and meals.

www.bam.gov

KidsHealth also has a website especially for kids in English and Spanish.

www.kidshealth.org/kid/index.jsp?tracking=K_Home

www.kidshealth.org/kid/en_espanol/esp_land_pg/spanish_landing_page.html

The Media Awareness Network aims to help empower kids to understand how media and advertising target them. They have seven interactive games for kids in grades K-8.

www.media-awareness.ca/english/games/index.cfm

Activities

POWER UP YOUR BODY POSTER



Objective:

Children will create posters that promote fun, non-screen activities

Materials:

- Poster board for each child
- Markers, crayons, paint and other decorative craft material

Instructions:

1. Take a brief survey of the television and/or video game use from the previous day. Ask:
 - Who watched TV yesterday, or played a video game? (raise hands)
 - Raise your hand if you watched 1 show or video.
 - Raise your hand if you watched 2 shows or videos.
 - Raise your hand if you watched 3 shows or videos.
 - Raise your hand if you watched 4 or more shows or videos.
2. Ask the group to name some things that they like *more* than watching TV. What else do they like to do (or would they like to do) when they are not watching TV or playing video games?
3. Explain that they will be learning about ways to turn off their TVs and power up their bodies. Invite them to create a poster that displays the ways that they can have fun without televisions, videos or computers. Tell the group that they should create visuals or messages that also help other children find things to do when they are not watching TV.
4. Distribute poster board paper and art supplies.

Extension Activities:

- Submit posters to the national TV Turn-Off organization which supports TV Turn-Off week. For information and organizing tips, go to www.tvturnoff.org
- To discover ways to have fun without TVs, video games or computers, encourage children to talk to adults or seniors (grandparents, older relatives, neighbors or teachers) about the things that they did for fun growing up without the video screens of today. When applicable, have children interview an adult in their life who did not grow up in the US. What activities did they do for fun? Have kids report back and share findings with the group.

WARM UP, COOL DOWN



Objective:

It is important for children (and adults!) to warm up their muscles and get the blood flowing before engaging in more vigorous/heart pumping activities. It is also important to allow the body to slow down instead of abruptly stopping an activity. Below are some ideas to help children ease into and out of the physical games.

Warm Ups:

- Walk around the gym or field, or up and down corridors if using modified space for activity. Begin at a slow pace, then increase the speed of each lap, but do not run.
- Play a short movement game such as “Red Light, Green Light” (children move across room when you say, “Green Light”, and stop when you call out, “Red Light!” Alter movement instructions with each start, e.g.: tip toe, hop or gallop.)
- Play “Simon Says” and incorporate stretching moves (such as “reach to the sky” or “touch your toes”) along with warming moves (such as “march in place” or “hop on one foot”)
- Perform simple stretches sitting on the floor. Remind children not to bounce or pull. For younger children, offer visual cues like, “reach forward and hug the beach ball”, or “paint a rainbow with your right hand...now paint one with your left”.

Cool Downs:

- Race across the gym or field with progressively slower movements: run then gallop then skip then walk then tip toe, etc.
- Repeat simple stretching activities.
- Introduce deep breathing or simple yoga moves as a way to cool down and relax (remind children that these can be used any time!).
 - Slowly (to the count of five) breathe in while bringing your hands together and rising over the head. Then slowly breathe out with a loud “whoosh” while bringing your arms down to the side.
 - “Cat” pose: create a table, supporting the body with the hands and knees. Breathe in and arch back so that the belly moves to the floor and the shoulders move back to look up. Breathe out to reverse the curve of the back like a cat stretching its back.

POWER UP CHARADES



Objective:

Children play a game of charades, acting out various activities that you can do instead of watching TV, playing video games, or using the computer. Others must guess the activity and state whether or not it gets the body moving (“power up!”).

Note: This game works best for children in grades 2 and up, though younger children who cannot read the cards may try it by making up their own activities.

Materials and Preparations:

- Activity Cards – copy (cardstock is ideal) and cut out
- You and the children can make your own cards, too! Have kids come up with different activities that they or their family like to do together, like salsa dancing or Zumba.

How to Play:

1. Explain that each child will take a turn drawing a card from the pile. Without showing anyone his/her card, the child will act out the activity on the card. Children in the audience will call out their guesses, and the person who correctly identifies the activity goes next.
2. For each activity, ask whether or not it “powers up” the body (gets the body moving).
3. Remind the children that their bodies want to move so they should be careful not to sit in front of the TV for long periods of time. After each 30-minute show, they should turn off the TV and power up their bodies!

Extension Activity:

- Combine music and activity! Play music from a variety of nationalities. Have children move around, dance, etc and then “freeze” when music stops.

WALK AROUND TOWN

Objective:

Children will take a guided walk – either outside or creatively around the halls or in a gym.

Materials:

- *Optional:* Paper and pencils

Information for Leaders:

- In this activity, children will go on a supervised walk around the block or to a local park or other point of interest (distance will depend on the age of the group). If walking outside is not an option, be creative and design a “walk around town”, as suggested in the “crazy walk” option for young children, below.
- Engage children by creating a scavenger hunt or survey of the neighborhood or gym.
 - You may want to create a check-sheet in advance for children to work on in pairs while they walk, or ask children to name things that they can look for. Ideas are listed below.
 - Have FUN!

Instructions:

1. Tell the class that they will be going on a walk in the neighborhood (or the halls of the school or gym) to see what they can find.
2. Instruct children to walk in pairs and work together to find various things on the walk. For safety reasons, the entire group must stay together and with the adults!

Options for lower elementary children:

- Create a scavenger hunt and instruct the children to check each item on the list that they see. Look for: a mailbox, orange flowers, a pine tree, the name of a street or number on a house, a home with a swing set or pool, a store with red letters, a pizza parlor, etc. Customize the list to fit your neighborhood or school!
- Create a “crazy walk” by calling out landmarks or types of roads as you walk around the block, or even around a field or gym! For instance, instruct the children to hop when you call out a “bumpy road”, take baby steps past a “school”, jog on a “highway”, swing arms back and forth when it rains, etc. Call out different movements to make for an interesting walk, and don't forget to drink water when you are thirsty!
- Tell the children to count things such as the number of white houses or stores or flags that they pass. If you are playing inside, count the number of posters in the hallways or the number of doors. How many pairs of children counted correctly?

Options for upper elementary children:

- Create a scavenger hunt that includes specific things like a mailbox, maple tree, park bench, or brown house (record the number of each that they see) as well as open-ended things such as “something blue” or “a word written in red letters”.
- Play “I Spy” as you walk along. The leader calls out the first clue (e.g.: “I see something blue”) and the first person to identify the blue item calls out a clue for a new item. Note: the leader may need to add another descriptive so it can be identified before the group walks by the selected item.
- Challenge pairs or small groups of children to become silly scavengers – instruct the groups to look for out of the ordinary or difficult to see things and write clues for their friends to find on a subsequent walk.
- Create a map of the neighborhood or school! Instruct children to notice the things they pass by on a walk, then draw a mural with pictures of the various places that they see.

Options for all ages:

- Measure out a walking route to follow at least one day each week.
- Add up the miles and determine where the group might travel to each month.
- Play “beat the clock” and see if the group can walk the route in less time (this may work better for older children who are less likely to stop to look at things!)

Extension Activity:

- This would make a great **Family Fun Night** activity! Provide a scavenger hunt list to each family and send them on a 30 minute walk (suggest creating teams of 2 or 3 families). Families or teams decide which way to go. Offer a small reward (perhaps a gift certificate to a local produce market) to the first few families or teams who complete the scavenger hunt. Share the results over a healthy snack or supper.

TUNE OUT CHALLENGE



Objective:

Children will give up at least one favorite TV show and replace it with an activity that does not involve “screens” (such as video games or computers)

Materials and Preparation:

- Large paper or chalk board plus markers or chalk
- Copy the Tune Out Challenge worksheet – one for each upper elementary child
- *Optional:* copy the Tune Out Challenge parent letter to send home
- *Optional:* post-it notes or small pieces of paper and pens (for part-two)

Information for Leaders:

This two-part activity may take place over 2 or more days, depending upon how much of a challenge you want to give the group. In the first part, children will name the shows that they regularly watch and identify the shows that they would be willing to give up. Challenge them to give up one show that day, if they were planning to watch TV (tell them that if they are not going to watch TV but plan on playing a video game, they can give that up too!). By doing so, they should identify other activities or forms of entertainment that can replace “screen” (TV, video games, movies or computer) time.

In the second part of the lesson, they will share what they learned by giving up one show or video game time. They will then create a menu of fun or educational activities that they can use to continue to reduce the amount of TV (or video games, internet surfing, etc.) that they watch.

Modifications are listed below for different grade levels

Upper elementary children will use a worksheet to personalize the challenge, while younger grades may work together to make the lists.

Instructions:

Part One –

1. Ask the children to name their favorite TV shows. Record on the board or on flip chart paper, and save for Part Two.
2. Distribute Tune Out Challenge worksheet to upper elementary children and invite them to work in pairs to complete the worksheet table and questions on videos and computers. Alternatively, you can have a younger and older child work together on the Tune Out Challenge worksheet.
3. Ask the children to name the show (or shows) that they would be willing to skip tonight (or the next time they plan to watch TV). Circle those shows.
 - If children filled out the Tune Out Challenge worksheet, instruct them to circle the show to give up on their worksheets.

- They may also circle one of their favorite video games or computer activity to remind them that other “screens” should not replace TV!
 - Have children complete the worksheet by writing down three things that they could do instead of watching TV or playing a video.
4. Challenge the children to give up one show tonight, or tomorrow morning before school. If they are not planning on watching any shows that night or the next morning, challenge them to go without other screen time, such as video games or movies.
 - Children may also be challenged to give up a show and video/computer time.

Part Two –

Instructions for lower elementary children:

1. Ask the children which shows they actually gave up last night. Place check marks next to those shows. Ask: Was it hard to turn off the TV?
2. Ask: What did you do instead? Record this list of non-TV activities.
3. Review the list of activities. How many children were physically active?
4. Brainstorm together to expand the list of things they like to do when they tune out the TV. Think about seasonal activities or indoor/outdoor fun, and encourage children to include things that get their bodies moving.

Instructions for upper elementary children:

1. Ask the children which shows or videos they actually gave up last night and instruct them to place check marks next to those shows on their worksheets. Ask: Was it hard to turn off the TV?
2. Distribute post-it notes or small pieces of paper (2-3 per child) and have the children write down at least one thing that they did last night to replace their TV shows or video time (only one activity per post-it).
3. List some categories of activities (see elementary instructions above) on the board or on large pieces of paper (one category per page). Invite the children to post their activities under the appropriate category (children may also come up with their own categories). For instance:
 - Educational activities: school work, reading, doing a project
 - Quiet time activities: playing cards, doing a puzzle, coloring or other artwork, listening to or playing music
 - Cooking or baking
 - Active things: doing chores or helping parents, going for a walk, playing a sport, dancing
4. Did many children choose active things in place of TV? Work together to brainstorm more ideas for being physically active, and think about categories of activities. For example, think about seasonal activities/sports or indoor/outdoor fun.

Over the next few days at pick-up time, chat with parents to see if there has been any change in kids' attitudes/behavior regarding TV versus other activities. Encourage parents to support their children in accomplishing this activity and coming up with ideas.

Extension Activities:

- Extend the challenge for another day or the whole week (consider taking a “Turn-Off TV Week” challenge- go to www.TVTurnOff.org for ideas).
- At the end of the week, ask the children if it is getting easier to limit their TV viewing. Ask about challenges and have group give feedback. Remind them that when they watch TV or play video games, their bodies are not moving! It's a good idea to go slow with the TV and include some active time every day. Even if someone else is watching TV in the room they have the option not to watch!
- Create a large chart to keep track of how often children give up watching TV to do other activities. Encourage them to record their progress at home and report back!

Worksheet List:

Power Up Charades Activity Cards

Pages 18-40

- Activity List for Leaders Answer List
- Power Up Charades Activity Cards
- Option 2 Activity List for Leaders Answer List
- Very Active versus More Moderate Moves cards

#2 Tune Out Challenge Worksheet

Pages 41-43

- Worksheet
- Parent Letter in English
- Parent Letter in Spanish

Power Up Charades

Activity List for Leaders Answer Sheet

Get Moving Activities:	Stay Still Activities:
Take a walk	Write a story
Jog or run	Do a craft project
Roller blade	Sing
Play basketball	Read a book
Play on jungle gym	Color, draw, or paint
Swim	Do a puzzle
Play Tag	Play a board game
Dance	Do homework
Play soccer	Talk on the phone
Help with chores around the house	Play a card game
Play a musical instrument	Take pictures

Power Up Charades Activity Cards

Take a
Walk

Write a Story

Power Up Charades Activity Cards

Jog or
Run

Do a Craft
Project

Power Up Charades Activity Cards

<p>Roller Blade</p>	<p>Sing</p>
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Power Up Charades Activity Cards

Play
Basketball

Read a Book

Power Up Charades Activity Cards

<p>Play on Jungle Gym</p>	<p>Color, Draw or Paint</p>
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Power Up Charades Activity Cards

Swim

Do a Puzzle

Power Up Charades Activity Cards

Play Tag

Play a Board
Game

Power Up Charades Activity Cards

Dance

**Do
Homework**

Power Up Charades Activity Cards

Play Soccer

Talk on the
Phone

Power Up Charades Activity Cards

Help with
Chores
Around the
House

Play a Card
Game

Power Up Charades Activity Cards

**Play a
Musical
Instrument**

**Take
Pictures**

Power Up Charades

Option 2 Activity List for Leaders Answer List

Very Active Moves	Moderate Moves
Hip Hop dance	Walk to and from school
Hockey or ice skating	Take the stairs
Basketball	Carry in groceries
Volleyball	Skateboarding
Martial arts—karate, judo, tae kwon do	Sweep floors
Play soccer	Play on a swing
Ride bikes	Toss a frisbee
Jump rope	Play catch
Tennis	Play hopscotch
Swim laps	Help with chores

Power Up Charades Activity Cards: Option 2

Hip Hop
Dance

Walk to and
from School

Power Up Charades Activity Cards: Option 2

Hockey or
Ice Skating

Take the
Stairs

Power Up Charades Activity Cards: Option 2

Basketball

**Carry in
Groceries**

Power Up Charades Activity Cards: Option 2

Volleyball

Sweep floors

Power Up Charades Activity Cards: Option 2

Marital arts-
Karate, Judo,
Tae Kwon Do

Skateboarding

Power Up Charades Activity Cards: Option 2

Play Soccer

Play on a
Swing

Power Up Charades Activity Cards: Option 2

Ride Bikes

Toss a
Frisbee

Power Up Charades Activity Cards: Option 2

Jump Rope

Play Catch

Power Up Charades Activity Cards: Option 2

Tennis

Play
Hopscotch

Power Up Charades Activity Cards: Option 2

Swim Laps

Help with
Chores

Tune Out Challenge

For each day, list the TV shows that you watch. Below, write down the videos you watch, video games you play, or what you like to do on the computer. Then, name 3 things you could do instead.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
TV show #1							
TV show #2							
TV show #3							

Movies or video games that I like: _____

How I use the computer: _____

What I could do instead of watching TV, playing videos or using the computer:

1. _____

2. _____

3. _____

Tune Out Challenge

Dear Parent/Guardian,

Today your child accepted the challenge to **Turn Off the TV** for at least one favorite show! This is a great way to **lower TV or other screen time** and **start using the body and mind!**

We need **your help** in supporting your child in this effort!

Your child, and the other children in the afterschool program, came up with a list of things to do instead of watching TV. Please talk to your child about his or her ideas, or come up with some ideas for the whole family! You could play a board game, take a walk, or involve your child in the evening chores.

If you want more ideas about how to lower TV viewing, video games, or computer play in your home, just ask me! Here are some tips:

- Limit TV and other video screens to less than 2 hours a day
- Do not allow a TV in the room where your child sleeps.

If your family already watches less than 2 hours of TV a day, keep it up! Please share your ideas for limiting TV with us so that we can help other families make such a great step towards good health!

Sincerely,

[Insert your name and phone number]

[Insert your Program's name]

Desafío: Apague El Televisor

Estimado Padre/Encargado:

Hoy su hijo/a aceptó el reto de Apagar **el televisor** durante al menos uno de sus programas favoritos. Este reto es una excelente manera de **reducir el tiempo frente al televisor u otras pantallas y comenzar a usar el cuerpo y la mente.**

Solicitamos que **nos** ayude a apoyar a su hijo/a en este esfuerzo.

Tanto su hijo/a como los demás niños en el programa después de clase, hicieron una lista de actividades que pueden realizar en lugar de ver televisión. Por favor, hable con su hijo/a sobre sus ideas, o piense de sus propias ideas para toda la familia. Podrían jugar un juego de mesa, dar una caminata o interesar a su hijo/a en actividades de la casa como cocinar.

Si desea obtener más ideas sobre cómo reducir el tiempo frente al televisor, los juegos de video o juegos de computadora en su hogar, no dude en preguntarme. Aquí hay algunos consejos:

- Limite el tiempo frente al televisor y otras pantallas a menos de 2 horas diarias.
- No permita que su hijo/a tenga un televisor en la habitación donde duerme.

Si su familia ya ve menos de 2 horas diarias de televisión, ¡sigan haciéndolo! Por favor, comparta con nosotros ideas sobre cómo limitar la televisión, para que podamos ayudar a otras familias a dar ese gran paso hacia la buena salud.

Atentamente,

[Insert your name and phone number]

[Insert your Program's name]