

Keep the Message Alive

Here are some suggestions to help keep the "Turn-Off the Screens" message alive after the week is over.

- 👟 Encourage your students to limit their screen time and to continually find more active pursuits for their leisure time.
- 👟 Have students keep a record of their screen time and their active time. Incorporate graphs and illustrations so students can visualize their screen time in comparison to their active time.
- 👟 Have a school-wide "Screen Free Wednesday"- designate one day per week as screen free.
- 👟 Talk to your students about the importance of physical activity; obtain free copies of *Canada's Physical Activity Guides* and *Teachers Guide* from Health Canada. (1-800-334-9769 or www.healthcanada.ca)
- 👟 Use *Exercise in Disguise* and other physically active games as a way to bring more activity into your classroom.
- 👟 Encourage your students to use their time at recess to get active. Help them to brainstorm activities that they could do outside.
- 👟 Contact your school nurse for more information on how to get your class more active.

Partially adapted from the Hastings Prince Edward's The TV Turnoff Challenge "How To" Kit

