

Teacher planning tips for a successful Turn off the Screens Challenge:

Promotion:

Participation increases greatly with awareness. Promote the challenge early. Have the students make up posters and display them in the halls prior to the challenge. Send out information to the parents to increase the awareness in the home.

Encourage Physical Activity:

Teach the lessons provided on our website at www.tbdhu.com. Have students brainstorm benefits of physical activity and a list of activities to do when the screens are off. Try to include a "snack of exercise" every day during the week of challenge. Remind the students to attend the scheduled evening events with their families.

Check out the "Activities Ideas" also found on our website for more information.

Winning the Challenge:

Each student who completes the tracking sheet (with parent's signature) and returns it by the deadline date will have their name placed in a draw for grand prizes. In addition, each school will be provided with smaller "active" prizes to be distributed within the school setting. Each participating student can also receive a certificate that is posted on our website at www.tbdhu.com. If you choose, you can decide on any other form of reward for participation.

Follow up:

Complete a brief evaluation following the challenge that will be provided in your package. Get input from other teachers in your school. This will help in any future planning and promotion of this event. There is also an opportunity to win some great prizes for submitting your evaluation.

Check out www.tbdhu.com for more ideas.

Good Luck and Get Active!

**What do you do if you don't watch TV?
The answer is ... everything!**