

Screen Time Challenge

Objective: To create an environment that promotes less than 2 hours of sedentary screen time each day

Goal: To decrease students' sedentary screen time during school hours

Choose one week (5 consecutive days) that is uninterrupted by a holiday or a professional development (PD) day.

Step 1: Hang the screen time poster on the bulletin board(s), in the hallway(s), and in the classroom(s) prior to the Challenge week.

Step 2: Send the parent handout home on the first day of the Challenge week.

Step 3: Make public announcements and advise teachers to provide daily reminders to students throughout the Challenge week.



Morning Announcement:

Today is the start of the Heart Healthy Schools Screen Time Challenge. Did you know that screen time can take away from our time spent being active? Let's show the Heart and Stroke Foundation of New Brunswick how we can reduce our screen time to less than 2 hours each day.

Daily Reminder:

Remember...this week is the Heart Healthy Schools Screen Time Challenge. Tell me one thing that you plan to do today to replace screen time.

Step 4: Have a look at the Heart Healthy Schools Guidebook or visit the "At School" section of the Heart Healthy Schools resource page to find ideas for the Challenge week.

Step 5: At the end of the Challenge week, log into your account, complete the Screen Time Challenge survey, and record your progress by checking all boxes on the Heart Healthy Schools website. **Don't forget to click the red 'save' button!**

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Class Discussion

After watching the PowToon video for the Screen Time Challenge, you can engage your students in a discussion around the upcoming Challenge week with the following questions:



Discussion Questions:

- What is the maximum amount of screen time you should get each day? (Answer: 2 hours each day)
- How can you reduce your screen time?
- How can you be more active while on screens?
- What is your favourite active game?