

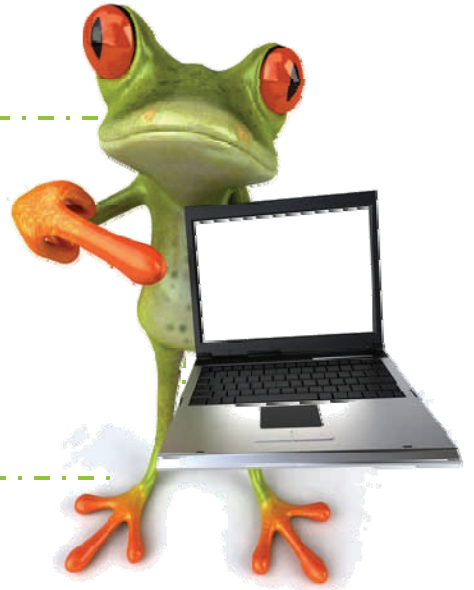


Take the *pause* to PLAY Family Challenge

Student Participant Pledge

I _____, will try my best to be screen-free for one week from _____ to _____.

During this week, I will try to do more physical activity and encourage my family to be active with me every day!



What you Need to Do...

1. Try your best to be screen-free for one week. This means turning off your TV, video games and computers (except for homework).
2. Be active during your free time everyday. Plan an activity each day that the whole family can enjoy together.
3. Use the “student tracker” below to keep track of your screen time and physical activities. **Aim for 60-90 minutes of physical activity everyday.**
4. If this is a classroom assignment, please return to your teacher.



Directions: For each day this week, place a check mark in the box next to the sentences that are true for you.

Student Tracker

Mon Tue Wed Thur Fri Sat Sun

I was 100% screen-free today

I spent 1 hour or less in front of screens today

I was physically active for 60 minutes after school today

I replaced my screen time with physical activity

Activities I did this week:

The Parent Zone

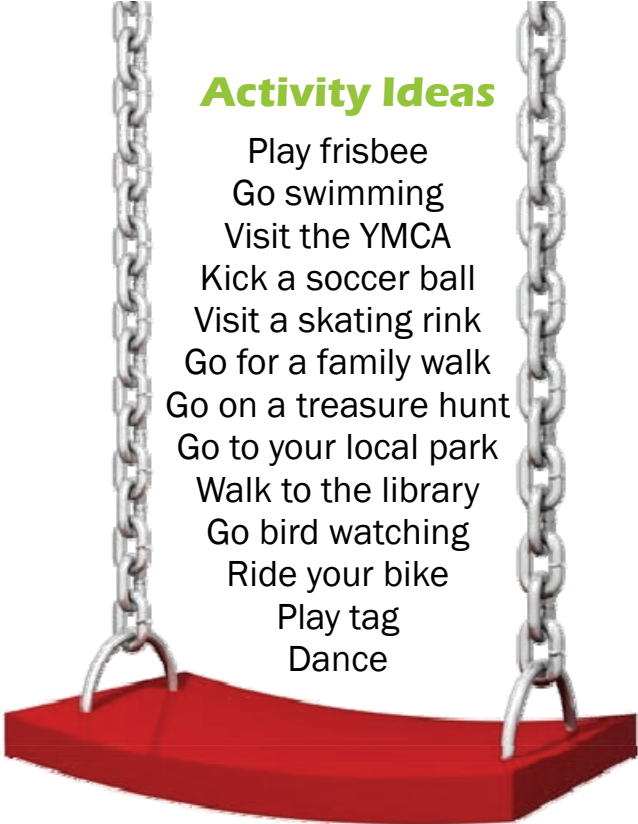
Research studies show that more than half of Canadian children age 5 to 17 are not active enough for optimal growth and development.

Canadian girls are less active than boys with only 38% of girls and 48% of boys considered active enough.


Regular physical activity in childhood develops cardiovascular fitness, strength, flexibility and bone density. 35-40% of a person's total bone mass is laid down in four years of adolescence.

Physical activity is associated with positive self-esteem, greater self-efficacy, improved academic performance and helps maintain a healthy body weight. Young people who are physically active are less likely to use tobacco, alcohol and other drugs.

Activity Ideas



- Play frisbee
- Go swimming
- Visit the YMCA
- Kick a soccer ball
- Visit a skating rink
- Go for a family walk
- Go on a treasure hunt
- Go to your local park
- Walk to the library
- Go bird watching
- Ride your bike
- Play tag
- Dance



From 1981 to 1996, the number of boys and girls who were overweight doubled and the number that were obese tripled.

Use these tips during this challenge and beyond to decrease your family's screen time

- ✓ Move your television(s) to less visible locations. TV is far less tempting when it is out of sight. Never put a TV, video game system or computer in a child's bedroom. They draw children away from family activities and distract them from homework, reading and sleeping.
- ✓ Hide the remote control.
- ✓ Plan your viewing. Turn on the TV just when your favourite show starts. Turn it off when the show ends. Only watch shows that you really enjoy.
- ✓ Avoid using screens as a babysitter when you are busy. Involve children in household activities and meal preparation. Make sure your caregiver or sitter follow your screen time rules.
- ✓ Use physical activity as a reward, rather than screen time as a reward.
- ✓ Try to break your TV watching patterns. If you usually watch TV after the dishes are done, try going for a walk instead.
- ✓ Set a good example! You are the most important role model in your child's life.