

## Alternatives to Screen Time

### Why Limit Screen Time?

Recreational screen time refers to time spent on TVs, computers, gaming consoles and handheld devices, tablets, and smartphones. It's important to limit the use of all screens. Increased screen time is associated with more snacking and higher rates of obesity. It has also been linked with lower reading scores and attention problems in children.

### Alternative Activities

The following are some ideas for fun activities you and your family could do when it's time to unplug and enjoy the day!

#### **Indoor Activities**

- Put together a puzzle
- Turn on music and dance
- Read a book or a magazine
- Spend time catching up with other family
- Play board games
- Start a journal
- Go to the library
- Play charades
- Set up an indoor obstacle course
- Do a family art project
- Make a fort out of furniture and blankets
- Make up and act out a skit

#### **Outdoor Activities**

- Ride a bike
- Go on a nature hike
- Go to a local park, beach, or outdoor area
- Walk, run, or jog together
- Have kids show off their jumping jacks, somersaults, and cartwheels
- Play a friendly game of basketball, soccer, catch, etc.
- Organize a neighborhood scavenger hunt
- Explore free activities in your community

- Rollerblade
- Even in winter, bundle up and play in the snow by sledding, making snow angels, building a snowman, having a friendly snowball fight, etc.

## Final Considerations

For more information about healthy eating and active living resources, please email [5210healthywashoe@nnph.org](mailto:5210healthywashoe@nnph.org).