Change the Channel
PAUSE TO PLAY

Kids are getting way too much screen time these days – up to 7 hours a day in some cases. Much of the time kids are spending in front of screens is time kids USED to spend being active. Let's switch this back around and replace screen time with physical activity!

Here are some ideas to get you started:
- Turn on music and have a dance party.
- Set up an obstacle course.
- Allow extra outdoor time.
- Do age-appropriate exercise videos.
- Do a scavenger hunt.
- Play active games like: Red Light Green Light, Freeze Dance, Hopscotch, Tag, Simon Says, Twister

bring back **silly!**

MaineHealth
LET'S GO!
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