

PAUSE TO PLAY



Adolescents are getting way too much screen time these days – up to 7 hours a day in some cases. Much of the time that’s being spent in front of screens is time kids **USED** to spend being active.

In school students often get extra screen time when there is indoor recess. Let’s switch this back around and replace screen time with physical activity!

Here are a few ideas to ensure that instead of screen time during indoor recess students are getting physical activity:

- Turn on music and have a dance party.
- Do age-appropriate exercise videos.
- Have a scavenger hunt.
- Use the gym for free play and role model active games.
- Play balloon volleyball: Blow up some balloons. Break into two teams and sit on the floor facing each other. The object of the game is to not let the “volleyball” touch the ground.