

HEALTH · GRADES 3–4

# Screen Time vs Active Play

Are you in balance?

## What experts recommend

Most health bodies recommend children get AT LEAST 60 minutes of physical activity per day. They also suggest LIMITING recreational screen time (TV, games, phone, tablet — outside of school work) to about 2 hours per day. Many children get the opposite ratio.

## Track yesterday

Activity	How long?	Active or screen?
Before school		
School breaks		
After school until dinner		
After dinner		
Total screen time		screen
Total active time		active

## Reflect

1. Did you hit 60 minutes of activity?
2. How does your screen time compare?
3. Pick ONE small swap you could try this week. e.g. 'walk to school instead of getting a ride', 'play outside for 15 min before homework'.



4. What active thing do you actually ENJOY? More of that.

