



SWITCH OFF



WHAT IS SWITCH OFF?



Screen time can have a large effect on a child's cognition. It can also affect their emotional and social growth. Higher screen time has been linked to obesity. That is why it is recommended that children, ages 5-17, should spend no more than two hours on screen time per day.



Here are a few ideas of what the family can do instead of screen time.



NATURE SCAVENGER HUNT

Find objects out in the backyard. Make a list and keep your eyes on the lookout for different coloured leaves or different animals.



HAVE A WATER BALLOON TOSS

Softly toss a water balloon to your partner. If they catch it, you both take one step backwards. Keep going until the balloon bursts.



GET UP AND DANCE

Turn that screen off and turn on the tunes! Get up and shake and wiggle to your favourite songs.



PICK SOME FRUIT

Trade your screen for a burst of green, trade your tablet for a basket. Get some sun and collect some delicious fruit.

WHAT ARE THE BENEFITS OF SWITCHING OFF?



Numerous studies have shown that there are more benefits to limit screen time than there are having a lot of it. This includes - better sleep, preventing obesity, and making social connections.



GO FOR A SWIM

Spend the afternoon at the beach with your family and friends.



BUILD A FORT WITH THE FAMILY

Gather blankets, pillows, and chairs to build the ultimate family hideaway! Team up to design, build, and play in your own cozy fort.