



# Screen Free Bingo Challenge

To help motivate kids to limit recreational screen time, we've created the Live 5-2-1-0 Langley Screen Free Bingo Challenge—a bingo-style activity card with ideas to help kids and families work towards reducing screen usage. This initiative was created for the Langley community by the Langley Children's Committee Family Tech Time Committee in collaboration with Live 5210, an initiative of BC Children's Hospital. Partners include: Fraser Valley Regional Libraries, Fraser Health and other members of the Langley Children's Committee.

## HOW TO PLAY

1. Decide as an individual or as a family what pattern will make your card a winner. Any 5 completed activities in a row makes you eligible for a prize—e.g., up/down, left/right or diagonal. Mark off each box as you complete the activity!
2. Once the activities have been completed, fill out the short evaluation survey on the back of the bingo card.
3. When steps 1 and 2 are completed, return this sheet to your local library between August 30 – September 8 to receive a prize (while supplies last!)

## STEP 1

# B I N G O

Indoor screen free activities	Outdoor screen free activities	Local screen free activities	Digital literacy	Mindfulness and mental well-being
<p>Try your hand at a musical instrument— you can borrow ukuleles free from the Library!</p> <p><a href="http://tinyurl.com/borrow-ukulele">tinyurl.com/borrow-ukulele</a></p>	<p>Play outside for 1 hour!</p>	<p>Explore a StoryWalk at Lynn Fripps Elementary School, Muckle Creek Trail on the west side of Simonds Elementary School, or Parkside Centennial Elementary School.</p>	<p>Make a Family Media Plan with your parent/guardian.</p> <p><a href="http://tinyurl.com/healthy-children-media-plan">tinyurl.com/healthy-children-media-plan</a></p>	<p>Do a guided meditation or breathing exercise.</p> <p><a href="http://keltymentalhealth.ca/breathr">keltymentalhealth.ca/breathr</a></p>
<p>Play a board game or work on a puzzle as a family.</p>	<p>Walk or bike to an activity instead of drive.</p>	<p>Visit the Langley Adventure Playground at Portage Park.</p>	<p>Download a book from the Free Library App, Libby or Online Tumblebook library.</p> <p><a href="http://fvrl.bc.ca/ebooks.php">fvrl.bc.ca/ebooks.php</a></p>	<p>Write or say five things that you like about yourself.</p>
<p>Read a book, or listen to an audiobook.</p>	<p>Organize a scavenger hunt with a list of natural items e.g., flowers, leaves, and rocks!</p>	<p>Visit your favourite local park.</p>	<p>Talk to your parent or guardian about the TV program you enjoy most and why.</p>	<p>Write or draw in a journal about something you are grateful for.</p>
<p>Turn off phones and screens at meal times today.</p>	<p>Use sidewalk chalk to create art on outdoor surfaces.</p>	<p>Borrow a robot (Sphero) from the Fraser Valley Regional Library Playground and learn basic coding.</p>	<p>Stay off all screens for one hour before bed time.</p>	<p>Perform an act of kindness by complimenting someone or helping with a chore.</p>
<p>Invite a friend over for a play date and choose a screen free activity to do together.</p>	<p>Go on a picnic! Pack a meal and enjoy it outside.</p>	<p>Explore nature &amp; science with one of the Fraser Valley Regional Library Playground items.</p> <p><a href="http://fvrl.bc.ca/about_the_playground.php">fvrl.bc.ca/about_the_playground.php</a></p>	<p>Have a screen free day! Plan a day where the whole family spends time together without any screens.</p>	<p>Listen to your favourite song. It can be calming or upbeat.</p>

## STEP 2

### 1. Did you enjoy the Screen Free Bingo challenge?

- Not at all
- Enjoyed a little bit
- Enjoyed a lot

### 2. Did taking part in the Screen Free Bingo challenge help you spend less time using screens?

- Yes
- No
- Not sure

### 3. Will you continue to try some of the Screen Free Bingo challenge activities instead of using screens?

- Yes
- No
- Not sure

### 4. In the future, would you like to try another screen free challenge?

- Yes
- No
- Not sure

## STEP 3

Return this bingo sheet to your local library between August 30 – September 8 for a small prize (while supplies last!)

For more information on healthy screen use, go to [live5210.ca/resources](http://live5210.ca/resources)



Live 5-2-1-0 is a simple, easy-to-remember message to help kids and families adopt healthy habits. For more information and resources visit [Live5210.ca](http://Live5210.ca)



Enjoy **FIVE** or more vegetables & fruits every day



Play actively—at least **ONE** hour each day



Power down—no more than **TWO** hours of recreational screen time per day



Choose **ZERO** sugary drinks