

## WHAT?

Challenge yourself and have screen free fun setting goals all through September.

Create screen free goals each week using the Live 5-2-1-0 goal tracker. Each completed week of goal tracking is an entry to win a grand prize!

## WHO?

Everyone of all ages!

## WHEN?

**Challenge Dates:** September

**Return** goal trackers before October 6, 2024

## WHERE?

Pick up a weekly screen tracking sheet from your local library in the city or township of Langley.

## WHY?

Learn the benefits of being screen aware, and enter to win grand prizes - crafts, games, lego or a scooter!



# Screen Aware SEPTEMBER

Screen Time Education  
Screen Free Activities  
Opportunities to win fun prizes!



Langley  
Children

Live 5-2-1-0

# Screen Aware SEPTEMBER

Challenge yourself and have  
screen free fun!



# HEALTHY SCREEN USE

## What is Recreational Screen Time?

Time spent with any screen, including television, computers, gaming or mobile devices that is not related to educational use (ie. completing school assignments)<sup>1</sup>

## The 24-Hour Movement guidelines:<sup>2</sup>

24-Hour Movement guidelines recommend less than **2 hours** of recreational screen time for children ages 5-17.

See guidelines for recommendations for children under 5 and for adults.

## Why?

Technology can teach us many things. However, too much screen time can reduce the time we spend doing activities that keep us healthy. For example, talking to friends, playing outside and sleeping.<sup>1</sup>

## SCREEN FREE ACTIVITIES

1. **Get Active Outdoors!** Explore a local park, make an obstacle course with items you have, or plan a scavenger hunt
2. **Have a Dance Party!** Listen to music or play your own
3. **Do a Craft!** Paint a picture, make slime, or build a structure from popsicle sticks
4. **Cook or Bake!** Learn to measure, stir, or follow a recipe to make tasty treats
5. **Read a book!** Or listen to an audio book or podcast

## 4 M'S OF HEALTHY SCREEN USE

*The Canadian Paediatric Society recommends that families follow the four M's:*<sup>3</sup>

**Manage** screen time through plans, rules, and limits. For example, make a family media plan!

Encourage **Meaningful** screen use. Choose content that encourages learning and participation.

**Model** healthy screen use. Find time in the day for the whole family to be screen free.

**Monitor** for signs of problematic screen use. Look out for signs that screens are interfering with offline activities.



## LEARN MORE

Learn more about **healthy screen use, screen free activities**, and use the family tech time tool here:

