**Turn off the Tube, Get on the Move!**

Monthly Campaign Announcements:

|  |  |
| --- | --- |
| Day 1 | This month we are going to learn about why it is important to spend less than 2 hours each day in front of a screen. Let’s learn some fun ways to turn off the tube and get on the move! |
| Day 2 |  Televisions, computers, video games, handheld devices and Smartphones are all types of screens. How long do you spend in front of a screen? |
| Day 3 | Yesterday I asked you to think of how much screen time you are getting every day. Tell your teacher how much time you spent staring at a screen yesterday.  |
| Day 4 | Take some time today as a class to brainstorm some ways that you can reduce your screen time! Remember turn off the tube and get on the move! |
| Day 5 | Do you get 60 minutes of exercise per day. Today I would like you to think about how much time you spend being active each day. |
| Day 6 | Being physically active allows our muscles, bones and lungs to grow strong and healthy. Tonight, try to turn off the tube and get on the move! |
| Day 7 | Turn off the tube and get on the move! Try to make it your goal to spend less than 2 hours each day in front of a screen. Your bones will thank you! |
| Day 8 | Yesterday we learned that you should make it your goal to only have 2 hours or less of screen time per day. Did you meet your goal yesterday?  |
| Day 9 | Instead of flipping channels tonight try a game of tag, soccer or charades. This will help to keep your muscles growing strong. |
| Day 10 | Here’s another reason to get on the move! Kids who are active are better learners. Turn off the tube, get on the move! |
| Day 11 |  |
| Day 12 |  Exercise gets the neurons in your brain firing and leaves you more relaxed! Turn off the tube, get on the move! |
| Day 13 | Instead of turning on the t.v. tonight try a family scavenger hunt! List things around the house and yard and see who can find them all.  |
| Day 14 | Instead of watching television until supper is ready see if you can lend a hand helping with supper tonight! |
| Day 15 | Do you and your friends spend most of your time playing video games or watching t.v? Try learning a new card game this week! |
| Day 16 | Is t.v. watching after supper a regular event for your family? A family walk, bike ride or swim after supper is a great way to activate your evening! |
| Day 17 | Helping your parents with tasks at home not only helps them out, but also gets you on the move! Turn off the tube, get on the move! |
| Day 18 | Can’t miss watching the game with the family? Try to do something active before or after the game to get your spirits up. Maybe you, your friends and family can go for a walk to discuss the game or which team you will be cheering for. Go Oilers Go! |
| Day 19 | Did you know that just by standing for longer periods of time and moving around often during the day you are allowing your body to burn more calories? If you have a big report to do on the computer be sure to take stretch breaks and plan to be active before you have to sit down and complete the assignment. |
| Day 20 | Turn of the tube and get on move! Have you and your friends checked out all the exciting places to get active in your community? Instead of a movie this weekend try to choose somewhere you have never been like a pool, recreation area, YMCA, skating rink or any place where you can have some fun active adventures!  |
| Day 21 | This month we have learned why it is important to turn off the tube and get on the move. Remember to limit screen time to less than 2 hours per day so our bodies can stay healthy and strong. I hope everyone has found some fun and interesting activities they can participate in to get on the move! |