



Power Off and Play Morning Announcements



Page 1

Read these announcements to promote Power Off and Play!

- Screen time Fact #1. Do you know the maximum recommended screen time per day to be healthy? Think about how much time you spend on screens. Children age 5-17 should spend no more than two hours per day in front of screens for recreation. Power off and play!
- Screen time Fact #2. Less is better! Too much screen time can affect your health in many ways. Begin by reducing your screen time by one hour per day to improve your health. Power off and play instead!
- Screen time fact #3. Being physically active reduces your risk of chronic disease, gives you more energy, and improves your mood. Wouldn't it be great if everyone was just a little happier? There are many ways to get active; walk or bike to school, play a sport or go to the park. Too much screen time lowers the amount of time we spend playing and this affects our physical health. Power off and get active!
- Screen time fact #4. Have you ever tried having a conversation with someone when they are distracted by their phone? It's not very fun! Learn to stay off of devices when you are socializing with friends and family. Connecting to others is important for our mental wellbeing! Power off and talk to someone!
- Screen time fact #5. We know that screens have many great uses. They help us find information, organize our day, and communicate over long distances. It is important for us to balance our days with beneficial screen time and some entertainment and know when we should do other activities like spending time with family and being active. Talk to your parents about building a balanced day around screens. Know when you need to power off!



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Page 2

- Screen time fact #6. It is important to put screens away during meal times. Being mindful of what we eat will help us to make healthier choices including more veggies and fruit! This is also a great time to talk to our friends and family. Power off and enjoy a meal!
- Screen time fact #107. Devices such as video games and apps can be lots of fun, but it is not healthy to spend too much time on them. To stay healthy, reduce time on these devices by making a list of other things you and your family can do for fun! Put the list on your fridge to refer to each time you need something to do away from screens. Power off and be creative!
- Screen time fact #8. Getting outside has many benefits including better physical health and improved mood. Power off and get outside and have some fun!
- Screen time fact #9. For a great night's sleep, put screens away at least one hour before bed. Read a book or do some yoga or meditation. Be sure to plug devices in away from bedrooms to help you keep them off before bed. Power off and sleep!
- Screen time fact #10. There are many things to think about to improve our personal wellness. Putting limits on our screen time use will help us to improve all areas of our health. Have a discussion with your class or family about how you can stay within the recommended screen time limits. Power off and be healthy!