

POWER OFF & PLAY

Helping families build a balanced day

Replace screen time with other activities



Spend time reading, hanging out with friends and playing outside to stay healthy

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Put screens away during important times of day



Turn screens off during meal-times for mindful eating



Put screens away when you are having a face to face conversation



Turn screens off one hour before bed for a better nights sleep

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Limit screen times to keep healthy every day

sit no more than 2 hrs



sweat 60 mins



sleep 9-11 hrs



move often



Ages 5-17